

Inflammatory Bowel Disease (IBD) Patient Initiated Follow-Up (PIFU)

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01392 402093 or at rduh.pals-eastern@nhs.net (for Mid Devon, East Devon and Exeter services) or on 01271 314090 or at rduh.pals-northern@nhs.net (for North Devon services).

Patient-initiated follow-up (PIFU) puts you, the patient, in control of when you are seen by the gastroenterology department. It means spending less time attending hospital appointments, but still having access to clinical support when you need it.

If your condition is stable, you may not find it helpful to attend regular outpatient appointments scheduled by the hospital. Sometimes, these appointments may not result in place to attend your appointment. Your condition may flare up in between regular input. With PIFU, you can get advice from your clinical team, who may suggest an appointment is required.

You initiate the follow-up appointment, instead of the hospital, which is why this process is called patient-initiated follow-up (PIFU).

For all other concerns, or if you are feeling unwell, your GP will remain your first point of contact.

The IBD team will tell you if your condition is now suitable for PIFU, instead of regular appointments scheduled by the hospital.

It is entirely your decision. You can continue with regular appointments if you want to. Your clinician will have advised you about the PIFU process and given you this patient leaflet to support you.

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