The Upper Gastro-intestinal Fast Track Clinic: What happens next?

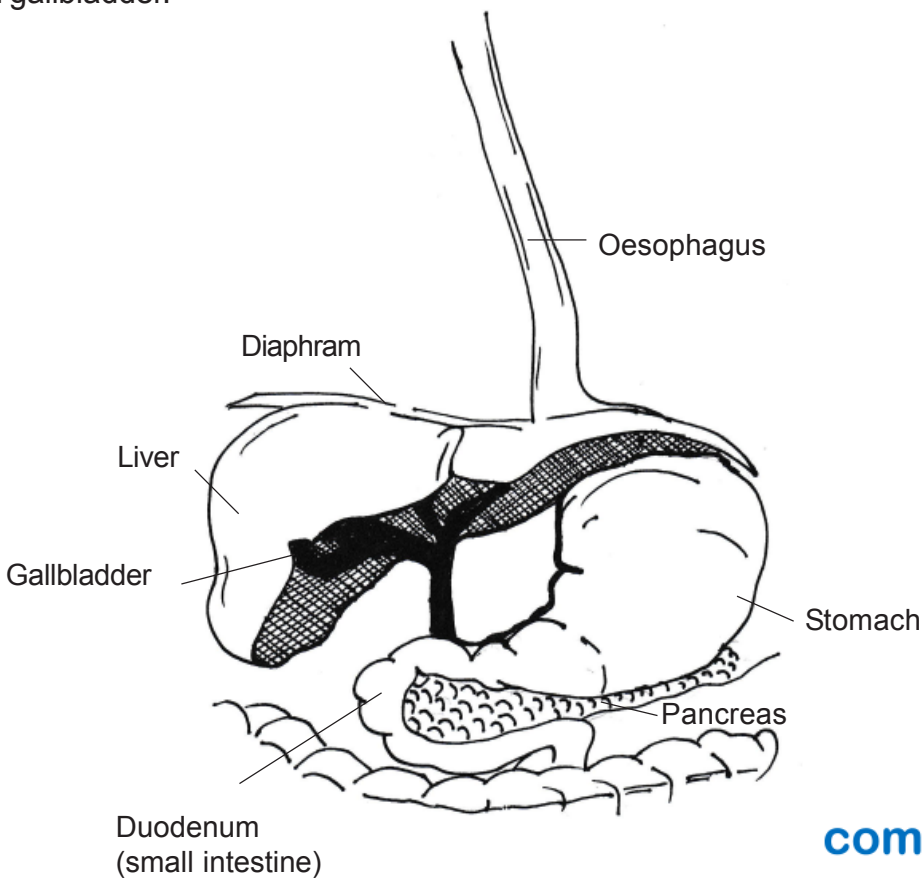
Patient Name: _____

NHS Number: _____

You have been given this leaflet as you have been referred to one of our Fast-Track clinics.
The aim of this leaflet is to answer any questions you may have about the **Upper Gastro-intestinal (UGI) Fast-Track clinic** and describe what may happen to you after your first appointment with the doctor. Not all the details in this leaflet will apply to you and we will try to give you as much personalised information as possible in your appointment and record it in this leaflet for you to take home.

What is the UGI Fast-Track Clinic?

Your GP has referred you to our hospitals as they are worried that you may have a problem with part of your upper gastro-intestinal tract. They have asked us to meet you, organise any tests we feel you may need and make sure that you do not have a serious condition, such as cancer. **Most people referred to this clinic do not have anything serious**, but it is important to have your symptoms checked out by a hospital specialist. We are mainly looking to investigate diseases of the oesophagus (gullet), stomach, pancreas, liver and gallbladder.



compassionate care

What happens in the UGI Fast-Track clinic?

The first stage in our pathway is for you to meet one of the doctors in the clinic. This will either be a surgeon or a medical doctor and may be a consultant or a registrar. You may also meet one of our specialist nurses. During this appointment, we will discuss your symptoms, examine you and tell you if we are worried about anything. We will then describe the tests you need, if any, and explain what happens after the test results are back.

At any time during your time in the clinic, or afterwards, if you are unsure or do not understand something, **please ask us** and we will do our very best to answer your questions.

What happens if I don't have the tests?

Your GP has referred you as they feel your symptoms warrant review and potential investigations. We will only recommend tests that we feel are required based on your symptoms and following assessment. You will have the chance to discuss these tests with your doctor in your clinic appointment.

What happens after my tests?

Most of the time, these investigations are normal. If this is the case for you, we will write to you and your GP explaining the results of your tests. At this stage, we would normally discharge you back to the care of your GP and you would not receive any routine follow-up appointments at the hospital unless you or your GP wanted us to see you again.

Some patients however, who we are worried about, may be discussed in a specialist meeting called a Multi-Disciplinary meeting (MDT meeting). This is to allow us to discuss a patient's results with a wider group of doctors and health professionals and come to an overall treatment plan for them. This is always done for people with cancer and sometimes for people with unusual findings on their tests that are not cancer. If this is the case you will be invited back to our **MDT clinic** to discuss the results and next steps in your care.

Sometimes one test may also suggest another test and this maybe prior to you coming back to clinic. If this was the case, you will receive a phone-call or letter from one of our Specialist Nurses or another member of our team who will describe the test you need and what we are worried about. You would have opportunity to discuss any test in clinic but sometimes we need to arrange tests prior to clinic to prevent any delays in your care.

How long will I have to wait for my tests?

We try to make sure that all your initial tests take place within two to three weeks. If you need further tests, these may take a little longer but we will keep in touch with you to let you know**. If you have not heard from the hospital within two weeks about an appointment time for your tests, please contact the most relevant contact number below and let us know.**

Sometimes, we will be able to tell you the results of your test straight after you have had them. This is the case for tests such as an endoscopy. Some tests, such as scans, require some time to look at in detail and we will contact you within two to three weeks with the result of the test.

As always, if you have any worries or questions, please don't hesitate to contact us.

What tests might I need?

The tests that are often needed to investigate the Upper Gastro-intestinal tract are listed and described below, however not everyone will need all these tests. If you would like any further information about any of these tests, please contact us and we will send you a leaflet describing them in detail. Most tests are performed at Huddersfield or Halifax unless stated otherwise.

- **Blood tests:** It is sometimes necessary to take some additional blood tests, either today or later on during your investigations.

- **Oesophago-gastro-duodenoscopy (OGD):** This is an endoscopy procedure that looks inside the oesophagus (gullet), the stomach and the first part of the bowel called the duodenum. It involves a thin flexible telescope with a camera on the end that is inserted via your nose or mouth and allows us to have an in-depth look and take any biopsies if you need them. You can have a throat spray local anaesthetic or a sedative injection for this procedure. The procedure is carried out in the Endoscopy Department and they will give you the full instructions for this test when they book your appointment.

- **Ultrasound scan:** An ultrasound scan is a painless test that uses sound waves to create images of the organs within your body. It is similar to the test that pregnant women have when they are expecting a baby.

- **CT:** A CT (computed tomography) scanner is a special type of X-ray machine which sends several beams of X-rays at the same time from different angles. This allows doctors to get detailed pictures of the inside of the body without needing any invasive examinations. A CT scan is painless and the report of the scan is normally available within two weeks after the test.

- **PET:** A PET (positron emission tomography) scanner is a special type of CT scanner that provides a different type of picture to a normal CT scanner. Again, the test is non-invasive and painless and provides information for doctors as to whether or not there may be distant areas of disease in the body. This scanner is not available at Huddersfield or Halifax and our patients travel to Bradford Royal Infirmary for this test; we will give you all the information you need about how to get there and what to expect if you need this scan.

- **EUS:** An EUS (endoscopic ultrasound) test is an endoscopy procedure that involves the thin flexible telescope (used for a normal OGD) with a special ultrasound probe on the end of the telescope. This allows doctors to look in detail at the gullet and the stomach and take biopsies if needed. This test is not available at Huddersfield or Halifax and our patients travel to Bradford Royal Infirmary for it; we will give you all the information you need about how to get there and what to expect if you need this test.

- **MRI:** An MRI (magnetic resonance imaging) scan is a non-invasive scan that provides pictures of the inside of the body in different detail to those provided by the CT scan. It is sometimes needed to get further information about the organs inside the body.

- **Laparoscopy:** A laparoscopy is a keyhole operation that is carried out under a general anaesthetic. It is sometimes needed to look around inside the abdomen and make sure there are no small areas of disease that could be missed on a scan. This operation usually takes place at Bradford Royal Infirmary.

- **CPEX test:** A CPEX (cardio-pulmonary exercise test) is carried out for patients prior to major surgery. It is performed at Bradford Royal Infirmary and involves monitored activity on an exercise bike. The doctors measure how well the body responds to exercise to try and predict how well it will cope with major surgery.

Please bring this leaflet to your clinic appointment and someone will complete this section.

What are the important bits of information for me?

Organ system being investigated (we will circle the organ(s) we are investigating):

Liver Gallbladder Oesophagus (gullet) Stomach Pancreas Bile Ducts

What happens next?

1. _____

_____

2. _____

_____

3. _____

_____

4. _____

_____

How do I contact you if I have a question?

There are a number of useful contacts you can use if you have a question.

They are:

Consultant Secretary - If you know the name of your consultant you can contact the hospital switch board on the below number and ask to be put through to their secretary.

Huddersfield: 01484 342000
Calderdale: 01422 357171

Endoscopy Reception – If you have a question about your OGD (endoscopy) procedure, or to enquire when your appointment might be, please phone the number below.

Huddersfield: 01484 355867
Calderdale: 01422 223920

Radiology Reception – If you have a question about a scan (ultrasound, MRI or CT), or to enquire when your appointment might be, please phone the number below.

Huddersfield: 01484 356900
Calderdale: 01422 224535

PALS Team – If you wish to make comments or raise concerns or complaints about our service, please contact our Patient Advice and Liaison Service (PALS) on the number below.

Telephone No: 01484 342825

NHS 111 Service – Offers health information and advice from trained health professionals over the phone, 24 hours a day

Telephone No: 111

If you have any comments about this leaflet or the service you have received you can contact :

Upper Gastro-intestional Clinical Nurse Specialist
Huddersfield Royal Infirmary
Telephone No: 01484 355064
www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"

Trust Quality Information
CHFT