

## Upper Gastrointestinal Surgery – First Outpatient

### Introduction

You have been referred for an appointment to the Upper Gastrointestinal Service, the service provides treatment for patients with the following conditions;

Gallstone disease, gastro-oesophageal reflux, hiatal hernia, achalasia, pancreatic disease.

We are working hard to reduce the backlog of patients waiting for an appointment in this service and you will receive an appointment as soon as possible based on the clinical urgency of your referral.

### Guidance for Patients

You should continue taking all of your prescribed medications unless you have been advised otherwise by a Healthcare professional.

You can find information about improving your overall health and wellbeing on the My Planned Care Template. This includes links to BMI calculator and Eat Well Guide, Stopping Smoking, Alcohol Awareness and Mental Wellbeing.

### What should I do if my health is deteriorating?

If your symptoms change or deteriorate prior to receiving your appointment, please contact your GP Practice for advice and guidance.

If you become jaundiced (yellowing of the skin and/or eyes), or if you are violently sick and are vomiting blood, then you should seek urgent medical advice.

### Contact us

If you need to contact us about your referral, please contact the New Appointments Team on 01246 512673.