

Preparing for your Female Health Assessment



Thank you for booking your Female Health Assessment with us.

It's our female-only assessment focussed on women's health issues including time with a doctor to discuss results.

Your assessment will cover all areas of female health and, importantly, will provide you with the chance to have a relaxed and in-depth consultation with your doctor. Knowing how healthy you are means you can tailor your lifestyle and live life to the full.

If any serious issues are found, we'll refer you to the relevant health experts.

If you have any particular concerns or questions, your doctor will be more than happy to talk through these with you.

This booklet tells you all you need to know before your visit and what to expect when you arrive. To help us achieve the best possible results, please read it thoroughly and complete the accompanying questionnaire.

Should you still have further questions please call us on **08452 30 20 40***.

Our team has all the very latest health testing techniques and technology at its disposal, so you can have full confidence in the results of your assessment. However, it's important to point out that no health assessment can provide you with a 100% guarantee of health.

* Calls will be recorded and monitored for training and quality purposes.



Plan ahead

- Please check that the location, date, time and type of assessment on your appointment confirmation are correct. Note that your appointment could take up to 1 hour (½ hour longer if you are having a mammogram)
- Please also check the map to help you plan your route
- Please complete your health questionnaire at least 24 hours prior to your appointment
- If you are menstruating at the time of your assessment, it won't be possible to carry out your pelvic examination and cervical smear. If this is likely to be the case, please call our team for advice on **08452 30 20 40**
- If the clinician feels there is a medical reason why they are unable to carry out any tests they will advise you as to why this is and clearly outline the appropriate next steps. Please let us know of anything that might affect your ability to take part in the assessment tests
- Please note that in most cases mammograms are booked as a separate appointment and might take place at a different Nuffield Health location to your assessment.

If you can't make it

To cancel or rearrange your appointment, simply call our team on **08452 30 20 40**. Unfortunately, if you cancel with less than three full working days notice (including the day of your appointment), 50% of the fee will be charged. For example, to cancel or rearrange a 2pm appointment on a Tuesday, you'll need to call before 2pm on the preceding Thursday.

The full fee will be charged if you fail to attend or arrive very late without letting us know in advance.

Stop! Drink water only

For your blood tests to be as accurate as possible please try not to eat anything for the four hours before your appointment and drink plenty of water. Even if you drink a cup of coffee, the combination of coffee and milk in your drink can affect your cholesterol reading. Please remember you'll be asked to provide a sample of urine at the start of your assessment.

You will be provided with a drink and a small healthy snack during your assessment.

Getting settled in

When you arrive for your appointment you'll be welcomed by our receptionists. You'll then be introduced to your doctor and will remain under their care throughout.

Don't forget to bring...

- Your completed health questionnaire if you did not fill this in online
- Any previous health screening reports and x-rays, and your normal glasses or contact lenses
- Some medication or conditions may affect your ability to take part or even exclude you from taking part in some of the tests - your clinician will let you know on the day.

Your Female Health Assessment tests

Your Female Health Assessment appointment will take up to 1 hour. If you are having a mammogram, this will take a further ½ hour. During this time you'll take part in a wide range of tests and assessments, some routine, some selected according to your personal circumstances - you'll find a summary of tests to the right.

You will be looked after throughout your assessment. First off, you'll give a blood sample, after which you'll receive a drink and a small healthy snack. Next, you'll receive a full clinical examination from your doctor - this is your chance to discuss any health concerns you may have.

Your results

Many of your test results will be available immediately. Your doctor will discuss these with you, taking time to make sure you fully understand the results.

When you leave, you will be given the contact details of your doctor so you can discuss any issues or concerns that may arise after your visit.

Two weeks later you'll be able to access your full set of results on your secure personal web page. Alternatively, if you do not have access to the internet we can send out a paper version to you. Using your online portal will ensure that you get your results promptly as well as helping to reduce the impact of paper on the environment. Where serious issues are found, we'll call you in person before your report is sent.

Confidentiality assured

Your Female Health Assessment results are 100% confidential and will not be disclosed to anyone without your full and confirmed consent. Our doctors prefer to inform your GP of your attendance and enclose a summary of key findings, but only if you agree. Please complete your GP's full contact details in the questionnaire or bring their full postal address with you to your assessment.

Your assessment tests*:

- Focussed medical history and lifestyle questionnaire
- Height and weight measurement
- Body Mass Index
- Urine analysis
- Blood haematology profile, blood glucose and cholesterol measurement
- Blood pressure measurement
- Breast examination
- Pelvic examination and cervical smear
- Thyroid stimulating hormone blood test (for those aged 50 yrs and over)
- High vaginal swab (if clinically indicated)
- Mammography (where purchased and usually only appropriate for those aged 40 years and over).



Understanding your Health Assessment

Below are some of the key areas we look at in your assessment. Please see overleaf for a full list of tests.



Check breasts

As well as checking your breasts for problems your doctor will also show you how to be breast aware and stay problem free. A mammogram is available for women over 40 if appropriate.



Check diabetes

Over half a million people in the UK have diabetes without knowing it. With a simple blood test and urine analysis, we can diagnose diabetes and help you manage glucose levels through exercise, nutrition and other lifestyle changes.



Check anaemia

Busy lives mean that tiredness can be a problem for all of us. A blood test will check for anaemia and ability to fight infection, so you know you have the energy to live life to the full.



Check cholesterol

Your heart is your body's most vital organ, so make it healthier with a few simple changes. Our simple blood test will assess your cholesterol levels and help improve your diet and fitness.



Check thyroid

Women over 50 are prone to an under active thyroid. A blood test will pick this problem up at a very early stage and allow the correct treatment to be given before it becomes more serious.



Check gynaecology

Whatever age you are, women often need to discuss specific female problems. A cervical smear and full pelvic examination are offered with full follow up advice from the results.



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