

Keeping well while you wait

While waiting for further assessment or treatment, there are things that you may be able to do to help yourself and improve your health.

For further advice please visit: www.nhs.uk/live-well.

We also recommend a health app library called Orcha, which has a wide range of smartphone apps you can download to support you while you wait:

bnssg.orchac.co.uk.

The latest waiting times



Scan the QR code or visit:

bnssg.icb.nhs.uk/hospital-wait-times

If you would like this information in a different format or language please email:

bnssg.communications@nhs.net



While you're waiting

Find out what you can do while you await your turn for a hospital outpatient appointment.

Waiting for your appointment or referral

We understand that waiting for an appointment can be a worrying and frustrating time. Everything is being done to try to catch up on the backlog of appointments as quickly as possible. Priority for new appointments is given to people with symptoms like some forms of cancer and other urgent problems.

If you have been referred by your GP practice to an outpatient clinic, or if you are on the waiting list for an appointment or a surgical procedure, then the following advice may help.

If your symptoms have not changed

- ▶ We cannot request that an appointment is brought forward unless there is a clear clinical reason for doing so.

If your symptoms worsen or you develop new ones

- ▶ Contact your GP practice and book an appointment to discuss your concerns.
- ▶ Call 999 if your condition becomes life-threatening.

If you have not received a follow-up appointment

- ▶ Please contact your hospital who should be able to help you.
- ▶ You may also be offered direct access to a nurse or telephone helpline or secretary. This information should be on a letter that was sent to you after your most recent appointment.

If your condition gets better and no longer need an appointment

- ▶ Let your hospital know, so the appointment can be offered to someone else.



- ▶ If you are not sure if an appointment is still required, please discuss this with your GP practice and they will help you to come to a decision.