



WHILE YOU ARE WAITING FOR YOUR HOSPITAL APPOINTMENT

We understand waiting for hospital appointments and treatments can be a concern. Especially now, when waiting times are longer than normal. This leaflet should help explain what happens and what you can do to help while you are waiting.

WHAT HAPPENS NEXT?

The health care professional making the referral, usually your GP, will complete the referral to the hospital specialist. The hospital specialist will review the information and help decide how quickly you are seen.



WHEN WILL I HEAR WHEN MY APPOINTMENT IS?

Waiting times vary between departments and hospitals. You can check expected waiting times through the NHS website : www.myplannedcare.nhs.uk



I WANT TO BE SEEN QUICKER, WHAT CAN I DO?

- ◆ If you have already been seen at the hospital and are waiting for treatment, then please contact the hospital team to get a review.
- ◆ If your condition is the same as it was on the day you were referred, then there will be no change in your waiting time, your GP won't be able to help you get seen any quicker.
- ◆ If your condition has worsened and you have not had your first appointment with the hospital, contact your GP surgery.



WHAT CAN I DO WHILE I AM WAITING?

Anything you can do to stay healthy while waiting will help you.

- ◆ If you smoke why not try quitting.
- ◆ Maintain a healthy weight.
- ◆ Keep as active as you can.
- ◆ If you are diabetic check your blood sugars are controlled
- ◆ Check your blood pressure is normal.



OTHER USEFUL INFORMATION

Kent and Medway NHS advice on hospital waiting times:

kentandmedway.icb.nhs.uk/your-health/local-services/hospital-waiting-times

www.kent.gov.uk/social-care-and-health/health/one-you-kent

https://www.medway.gov.uk/info/200221/a_better_medway