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January 2019

Dear

Your referral to secondary care for a surgical opinion

Your GP has requested a referral for you to see a hospital specialist. The appointment will give you the opportunity to discuss your medical history and symptoms. There is the possibility that this will result in a recommendation that you have surgery. If this does happen the Clinical Commissioning Group needs to make you aware that patients referred for surgery are asked to meet important health criteria, which your GP will record as part of your original referral. This means that you:

- need to have a Body Mass Index (BMI) of less than 30
- must be a non-smoker.

The Clinical Commissioning Group believes that meeting the criteria reduces risk at the time of surgery. You will also recover faster and it will help you to stay healthier in the long term.

If your body mass index is more than 30 you will have to:

- lose 10% of your weight or
- reduce your BMI to under 30 or
- wait 12 months from the date your GP recorded advice to you to lose weight.

Also, if you are a smoker you are required to:

- stop smoking for at least 8 weeks or
- wait six months from the day you were referred by your GP.

Information to help you achieve the best possible health before your appointment is enclosed. More sources of help and support are published on the CCG's website at www.valeofyorkccg.nhs.uk/healthyliving

If you feel that your personal circumstances mean that your potential surgery should not be delayed, your doctor can make an application to the local Independent Funding Review Panel and he/she will know the details of how to do this.

Yours sincerely

A handwritten signature in black ink, appearing to read 'S O'Connell', written in a cursive style.

Dr Shaun O'Connell
GP Lead for Acute Service Transformation
Vale of York Clinical Commissioning Group