

Factsheet:

First appointment

What to bring to your first appointment?

- A referral letter from your GP or other medical specialist
- A valid form of identification (passport, driver's license or government ID)
- Your insurance card
- A printout of all medication you take (if applicable)

No insurance or no referral? No problem

It is possible to schedule an appointment without a referral or without (Dutch) health insurance. Please contact us for more information about our care programs and costs. The consultation will unfortunately not be eligible for reimbursement from your Dutch health insurance; an international health insurance provider may however reimburse you. In either case, you will have to pay the invoice yourself after the consultation has taken place. (Please see our factsheet: 'Financial matters')

What to expect during your first appointment

During your first appointment you will discuss your medical history and your issues in a consultation with the gynecologist. Depending on your issues, a combined consultation with our pelvic floor physical therapist is also possible. This will be discussed with you when you make the appointment. The gynecologist, pelvic floor therapist and/or sexologist will take inventory of your complaints and discuss your case in a combined meeting of your (para)medical specialists. They will combine their knowledge and experience in order to offer you the best care possible.

Usually, a gynecological internal exam and an ultrasound of the uterus and ovaries are part of the first appointment. The gynecologist will guide you through this process every step of the way. We take our time performing the internal exam and give you tips to relax as much as possible.

Treatment plan

After the examination has been concluded, the gynecologist will discuss her findings and propose a treatment plan in collaboration with you. Sometimes an additional examination or procedure is necessary which we will then perform before discussing a possible treatment plan. We aim to provide you with all the information necessary on the available options so you can make an informed decision on which course of action is best for you.

Feedback

You and your GP will receive a letter detailing our findings and the proposed treatment plan. Usually, a treatment plan can be put into effect immediately. Should you need some more time to think about the proposed plan, or if you need more information, we can schedule another appointment for you.

Unclear? Ask us!

We aim to give you all information regarding your treatment during your every visit to our clinic. If anything is unclear, please do not hesitate to let us know. We are here for you.

All consultations, emails and other forms of communication are treated confidentially and are subject to doctor-patient confidentiality. Your privacy is therefore guaranteed at all times.

Cancellation

Should you need to cancel your appointment, please do so at least 24 hours prior to your appointment (via email: info@curilion.nl or by phone: 023-8882260 between 9 am and 1 pm). Your appointment will be cancelled or rescheduled without charge. Appointments which are not cancelled or rescheduled at least 24 hours prior to the appointment, or in case of no-show, charges are applicable.

Waiting time

An appointment is usually possible within a few weeks!

Reimbursement and insurance

Unfortunately, the financing of health care under the Dutch care system is complicated. The foundation *Stichting Curilion Klinieken* provides recognized medical specialist care. We are an independent treatment center, licensed by the Dutch Government. This means that the care we provide is usually fully or partially covered by your health insurance. Should you receive care or treatment that is not covered by the laws governing the Dutch care system, you will not be eligible for reimbursement by your health care insurance, and you will be required to pay the total bill yourself.