

## Your First Consultation

### Before Your Appointment

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To make the most of your consultation time, please prepare the following before you arrive:

- Bring your referral letter from your GP or referring clinician
- Bring any relevant investigation results — including CT or MRI scan reports, blood tests, allergy tests or previous nasal swab results. We may be able to access these if on the NHS system.
- If you have had previous nasal or sinus surgery, please bring any operative notes or clinic letters if available
- Bring a list of your current medications, including any nasal sprays or antihistamines
- If you use a nasal spray, please bring it with you so Professor Tan can review the technique

### On the Day

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Please aim to arrive 10 minutes before your scheduled appointment time. This allows time for registration and, if needed, completion of any questionnaires about your symptoms.

A nasal endoscopy (camera examination of the inside of the nose) is commonly performed at the first consultation. This is a quick and well-tolerated procedure using a thin, flexible camera passed gently through the nostril. It can be performed with local anaesthetic spray to the nose and takes only a few minutes.

You are welcome to bring a family member or friend to your appointment.

### What to Expect

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At your first consultation, Professor Tan will:

- Take a detailed history of your symptoms and their impact on your quality of life
- Review any previous investigations and treatments
- Perform a nasal endoscopy and clinical examination
- Discuss the likely diagnosis and explain the findings
- Outline the treatment options available, including both medical and surgical approaches where relevant
- Answer any questions you may have

Following the consultation, a letter will be sent to you and your GP outlining the findings and management plan.

### Further Investigations

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Depending on your symptoms, further investigations may be recommended at or following your first appointment. These may include:

- CT scan of the sinuses — the most useful investigation for planning sinus surgery
- Allergy testing — skin prick testing or specific blood tests to identify triggers
- MRI scan — occasionally required for assessment of specific conditions

### Contact & Location

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#### Private Patients

**Location:** Duchy Hospital, Truro  
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#### NHS Patients

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