

Your clinical genetics appointment

Information for patients

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalneeds**

www.uhs.nhs.uk/genetics

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This leaflet has been written to explain what you might expect at your clinical genetics appointment.

Why have I been offered an appointment with the Wessex Clinical Genetics Service?

Your GP or specialist has referred you or your child to us. People are seen in the genetics clinic for many different reasons. Some medical conditions have a genetic cause or can run in families. We can give people information about these conditions and how they are inherited. You may have questions about your own chance of either inheriting or passing on a medical condition or if you are at an increased risk of a particular condition because of your family history.

Who will I see at my appointment?

You will see a member of the clinical genetics team. The team consists of clinical geneticists (doctors), specialist nurses and genetic counsellors. Genetic counsellors are healthcare professionals specially trained in genetics. You may see a doctor or a genetic counsellor who is in training.

What will happen at my appointment?

You can expect an appointment to last approximately 40 minutes so that we can discuss things in detail. Before your appointment, we may contact you to ask for some details about your family history. Sometimes you can provide us with this information, other times we may ask you to pass on consent forms to your relatives to see whether they will allow us to access their records for information that could be relevant to you. We will adapt each consultation to suit you. We will try to answer any questions you have or address any particular concerns. We can also talk about the medical management of the condition, how likely it is to happen in other family members and what options members of the family have.

We can discuss options to reduce the chance of developing a condition or screening programmes to detect it early, where possible. Sometimes a genetic test may be available and this will often be done via a blood test. We can discuss these with you to help you decide what choices you wish to make. Sometimes there may be tests available during pregnancy and we can discuss these if appropriate.

Research and teaching

As part of the University Hospital Southampton NHS Foundation Trust, we are involved in medical teaching and research. At your appointment we may discuss research that is relevant to you or your family. This would be offered to you as an additional option to your clinical care and it is your choice whether you wish to take part or not.

As we are a teaching hospital there may be other healthcare professionals or students present at your appointment.

What if I cannot attend?

If you cannot attend, please cancel your appointment in good time. We have long waiting lists for such appointments so letting us know allows us to offer the appointment to someone else rather than have an empty slot.

We look forward to meeting you.