

Peninsula Treatment Centre

Self pay treatments



Just what you need to get back on your feet

Private treatment that won't break the bank.

Self pay from Care UK is all about providing you flexible options and giving you choice.

If you want to pay for your own treatment, don't have private medical insurance or if you have been told you are not eligible for NHS surgery, we offer an alternative way of quickly accessing excellent care that might cost less than you think.

With prices up to **30% less than other private hospitals**, high-quality **consultant-delivered care** and a **0% finance option**, our self pay packages are just what you need to get back on your feet.

Benefits of choosing self pay at Peninsula Treatment Centre:



0% finance option



No deposit required



Transparent prices



No hidden costs



Consultant-led care



CQC rated 'Outstanding'



To learn more about paying for yourself, contact our Private Patient Sales Advisors at selfpay@careuk.com



Dianne is back creating dreams after hip pain

Dianne, who has dedicated her professional life to ensuring brides feel at their most beautiful on their big day, is back conducting ceremonies after she could not get her operation approved by the NHS.

“I was rejected for hip surgery because of my weight, even though I weighed the same as when I had my left hip and my right knee replaced.

I first went there as an NHS patient because of the short waiting list and I would recommend that anyone who needs treatment should look at the centre.”

Dianne Fox, Doncaster

Back to the golf course, thanks to self pay surgery

For almost 18 months, Peter had been suffering from pain caused by a hernia. His GP's request for NHS funding was rejected twice and it seemed as if he would face a future with limited activities and increasing pain.

“My wife had knee surgery as an NHS patient at Care UK and we had been delighted with it. When we found out the centre was offering self pay surgery it was the natural choice.

The consultant was excellent. I am looking forward to joining my friends back on the golf course and would recommend the centre to anyone!”

Peter Brewin, Weston-Super-Mare



For more information call us on **0330 058 1778**
or visit careukselfpay.co.uk/peninsula

Self pay treatments we offer:

	Procedure	Price
	Initial consultation	£50
Eye surgery (price per eye)	Cataract	£1,995
Orthopaedics	Bunion surgery	£3,295
	Carpal tunnel	£1,595
	Dupuytren's contracture release	£1,995
	Ganglion removal	£2,055
	Knee arthroscopy - level 1	£2,695*
	Knee arthroscopy - level 2	£3,995
	Ankle arthroscopy	£3,495
	Total hip replacement	£8,595
	Total knee replacement	£8,995
	Revision of knee replacement	£15,095
	Revision of hip replacement	£15,095
	ACL reconstruction	£4,995
	Complex knee surgery (not joint replacement or ACL)	£8,395*
	Trigger finger release	£1,895
	Osteotomy - knee or foot - level 1	£3,495*
	Osteotomy and internal fixation - knee or foot - level 2	£5,495
	Shoulder decompression surgery	£3,895
	Endoscopic shoulder surgery	£3,495*
	Removal of internal fixation from bone	£2,195
	Manipulation of joint	£1,495
	Trapeziectomy	£4,295
	Elbow surgery - cubital tunnel release	£1,695
	Rotator cuff repair	£3,895
	Fusion of joints - level 1	£2,345*
Fusion of joints - level 2	£3,595	
Arthroscopic meniscectomy - level 1	£3,495*	
Arthroscopic meniscectomy - level 2	£3,995	
Facet injections / US guided injections	£1,595	
Diagnostic imaging**	MRI scan - one body part	£245
	MRI scan - additional charge per body part scanned	£165
	MRI scan - additional charge for use of contrast	£125
	Ultrasound	£150
	CT scan - one body part	£245
	CT scan - additional charge per body part scanned	£165
	CT scan - additional charge for use of contrast	£125

	Procedure	Price
Diagnostic imaging**	Nerve conduction study - carpal tunnel	£295
	X-ray	£60
Outpatient procedures	Cortisone injections	£160

There will be a charge for any diagnostic tests that may be required as a result of your initial consultation with our specialists.

These prices will be explained to you in advance of payment.

All prices are correct at the time of printing and are subject to change without prior notice.

** Indicates the starting price for this procedure, with final cost dependent on the outcome of a patient's outpatient assessment.*

*** These prices are for imaging that forms part of a treatment plan rather than as a stand alone diagnostic tool.*

Ask your self pay advisor for the full terms and conditions or download them from our website careukselfpay.co.uk/peninsula.

Your notes



Self pay **finance options**

Paying for yourself at Peninsula Treatment Centre might be more affordable than you think with our finance options.

Through our partner, Chrysalis Medical Finance, we offer approved patients a range of funding options (subject to status) to pay for one-off private treatments.

This means you can spread the cost of your treatment using our interest free and low APR finance solutions, which can be arranged in advance.

Finance is available over 36, 48, and 60 months at 9.9% APR, all with the option to settle **interest free** within the first 12 months, if you choose.

To find out more about applying for a loan with Chrysalis Medical Finance, please contact our Private Patient Sales Advisors on **0330 053 6441** who can explain the options further.

Monthly repayment examples at representative 9.9% APR

Loan amount	Spread over	Repayments
£2500	36 months	£80.08
£3500	36 months	£112.12
£5000	48 months	£125.62
£6000	48 months	£150.74
£7950	48 months	£199.73
£9000	60 months	£189.02
£10,000	60 months	£210.02

Monthly payments are collected by Direct Debit and are subject to the usual guarantee from your bank.

Peninsula Treatment Centre is a trading name of Care UK Clinical Services Limited, an Appointed Representative of Chrysalis Medical Finance Ltd which is authorised by the Financial Conduct Authority to carry out the regulated activity of credit broking. Funding options are subject to status.

To learn more about paying for yourself, contact our Private Patient Sales Advisors at selfpay@careuk.com

Frequently Asked Questions

1. I've already been consulted on the NHS, but have been told I have to wait for treatment – can I still pay for myself?

We know that being treated sooner can have a huge impact on your quality of life, so if you would like to explore the option of paying for yourself please speak to our Private Patient Sales Advisors on [0330 058 1778](tel:03300581778) or selfpay@careuk.com. Changing your path from the NHS to self pay is simple, and you may even see the same consultant, as all of our doctors also treat NHS patients.

2. How and when do I pay?

You can pay by debit card, credit card, cheque, or bank transfer (BACS). Payment is required before your surgery date. Alternatively, you can pay monthly via a credit agreement with our finance partner, Chrysalis Medical Finance. Find out more about our finance options at careukselfpay.co.uk/peninsula.

3. Do I need a GP referral?

Yes, you need to ask your GP for an 'open referral'. We can also accept open referrals from other healthcare professionals, such as physiotherapists, optometrists or dentists. Please contact our Private Patient Sales Advisors on [0330 058 1778](tel:03300581778) for more information.

4. How quickly can I be treated?

We pride ourselves on our short waiting times, so your access to treatment could be significantly quicker with us. Please contact our Private Patient Sales Advisors on [0330 058 1778](tel:03300581778) or selfpay@careuk.com for further information on access times.

5. Can I choose my consultant?

In order to keep our waiting times low and provide the best possible service to all of our patients, we do not give you the option to choose your consultant.

6. What if I have a problem after my surgery?

You may have a check-up appointment and/or physiotherapy depending on the type of surgery you've had. We'll make sure that you're looked after for as long as you need our care.

7. Can I still have my surgery at Peninsula Treatment Centre if I have a health condition?

Depending on what your health condition is, we can provide selected treatments as long as your condition is well managed and stable upon admission to the hospital. This includes angina, asthma, atrial fibrillation, diabetes, high blood pressure, Parkinson's disease and mild dementia.

All patients need to meet our safe criteria for treatment at Peninsula Treatment Centre:

- The patient has a Body Mass Index of 40 or less for orthopaedic surgery. In some cases, a BMI of 42 can be accepted
- The patient must be aged 18 years or over
- The patient does not require complex rehabilitation or have a chronic disease that would require immediate post-operative care in an ITU
- The patient does not have sickle cell anaemia or renal failure
- The patient has not had a cardiac arrest in the last six months.

Preparing for surgery and after-care

Your care is our number one priority.

With our consultant-delivered service, we do our best to ensure that the doctors you meet at your outpatient appointment will also carry out your surgery and your follow-up appointments.

Getting prepared for surgery

One of the benefits of being treated at our hospital is our 'one-stop-service' for your outpatient appointment. We aim to complete any pre-treatment tests then and there, to save you making multiple trips, and our anaesthetists and physiotherapists will do their best to assess you at the same time.

Your outpatient appointment is also an opportunity for you to meet the consultant who will perform your treatment. Feel free to ask any questions you wish – you may even want to write these down ahead of your appointment. They will explain any special preparations you may need to make before your treatment.



On the day of your treatment, wear something light and comfortable, so you're as relaxed as possible.

If you'll be staying with us, you may want to bring personal toiletries, nightclothes, comfortable footwear, something to read, and any medication you routinely take.

After-care following your surgery

When you leave the centre after you have had your treatment, you'll be given full details of your follow up care. We will inform your GP that you've been discharged from the treatment centre and we will telephone you – usually a couple of days after your treatment – to check that you are recovering well.

It's crucial to rest and take care of yourself after your treatment.



For further information please visit
careukselfpay.co.uk/peninsula



Preparing for surgery **to do list**

Coming to hospital for surgery means a lot to think about, including being prepared.

Following instructions and bringing with you all that you need from home not only makes your hospital visit more successful and comfortable, it can also help to avoid unnecessary cancellations of treatment.

Use the checklist below to help you prepare for your surgery:

- Read all the pre-operative instructions provided
- Arrange travel to and from the hospital
- Tell your family and friends our visiting hours
- Pack a bag of essentials to bring with you if you are staying overnight
- Take a shower or bath before you arrive, and remove piercings, makeup and nail polish
- Let the hospital know of any issues as soon as possible

For more information call us on **0330 058 1778**
or email selfpay@careuk.com

Patient and visitor information

- Parking on-site is free and available to all patients and visitors.
- We have free Wi-Fi access and patients can make free telephone calls from their bedside. Each bed also has its own television, which is free of charge.
- All areas of our treatment centre are accessible to wheelchair users. Portable hearing loops are available at the main reception desk and can be carried around the treatment centre as required.
- Our patient information is available in a range of languages, large print and Braille on request from the main reception desk. We also have an interpretation service available to support you if English is not your preferred language.
- There is an on-site café for visitors. The menu changes daily and provides good variety at a reasonable price. During your stay in our inpatient ward, our menu also changes daily, offering a wide range of food, snacks and beverages, 24hrs a day.
- Visitors are welcome to the ward between the hours of 2pm and 8pm.
- If you're staying with us, you'll either be in a single en-suite room or a same-sex, shared, en-suite room. This is part of our commitment to patient dignity, and helps ensure a more comfortable and relaxed stay.

Please let a member of our booking team know prior to your appointment if you have any special requirements.



Download the full terms and conditions from
our website careukselfpay.co.uk/peninsula



Getting here

There are a number of ways to travel to Peninsula Treatment Centre, including public transport.

Plymouth train station is a 10 minute taxi ride away, or there is plenty of free on-site parking at the treatment centre.






Please call us on **01752 506 070** if you need help with transport to the treatment centre.

When you arrive please register at reception.

For further information about paying for your treatment, please contact our Private Patient Sales Advisors at selfpay@careuk.com or call us on **0330 058 1778**

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Keep in touch

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Peninsula Treatment Centre
20 Brest Road
Plymouth International Business Park
Plymouth
Devon
PL6 5XP