

**Patient
Information**

Follow up appointments and advice on recurrence of gynaecological cancer

Introduction

This leaflet gives you information about the process of gynaecological follow-up appointments.

How you may feel

You may feel a range of emotions after your treatment for cancer. These could include feeling very good or very low; this is normal. Your diagnosis and treatment may have been frightening, difficult and stressful at times. You may need time and support to return to a more normal way of life.

Your clinic appointment

On completion of your treatment, you may receive regular clinic appointments but these will reduce in frequency as time goes by. However, regular appointments are not always necessary. The clinics are normally held at the hospital where you received your treatment, although Worcester patients who received treatment in Cheltenham will, where possible, be seen at Worcestershire Royal Hospital and Gloucester patients at Gloucestershire Royal Hospital.

If you have any concerns or questions, please contact one of the specialist nurses. The contact number for the cancer specialist nurses is at the end of this leaflet.

At your follow up appointments, you will be asked if you have any concerns. You may also be examined and blood tests taken or scans requested.

Sometimes clinics may be running late. We apologise for this, but it is important that each person is given as much time as they need with the doctor or nurse.

Reference No.

GHPI0953_05_25

Department

Gynaecology

Review due

May 2028

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After your final follow up appointment

After you have attended your final follow up appointment you may feel different emotions. These feelings could include being happy to have completed your treatment or concerned that the cancer could return. This is normal, but please remember that many people remain free of cancer. The doctor or specialist nurse will remind you about what signs and symptoms could indicate the return of the cancer.

Possible symptoms

If you have any of the following signs and symptoms for more than 2 to 3 weeks you should discuss these with your GP **or call the specialist nursing team.**

- A constant pain (for example in your abdomen, pelvis or back) that does not go away with your usual pain relief.
- A new unexplained pain.
- Feeling or being sick, having diarrhoea, constipation or loss of appetite.
- New lumps, bumps or swellings.
- Unexplained weight loss or weight gain.
- Unusual rashes, bruises or bleeding that could be related to your gynaecological cancer or previous treatment.
- Any vaginal bleeding or discharge.

It is important to remember that having any of these symptoms does not always mean that your cancer has returned. It may be helpful to make a note of when the symptoms start and how long they last.

Support and information services

Gynaecology Cancer Support worker

We have a Macmillan Gynaecological cancer support worker who will assess and support your needs.

Tel: 07812 709 881

Monday to Friday, 10:00am to 15:00pm

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The hub is situated in the atrium at Gloucestershire Royal Hospital. This service provides information, support and benefits advice.

Centre Manger: Johanna Coulson

Tel: 0300 422 8880

Monday to Friday, 10:00am to 4:00pm

Email: ghn-tr.macmillanhub@nhs.net

The FOCUS Cancer Information and Support Centre Based at Cheltenham General Hospital in the Oncology Centre.

Tel: 0300 422 4414

Monday to Friday, 8:30am to 4:30pm

Charlie's Support and Therapy Centre

The centre is situated in Venture Business Centre, Gloucester and offers friendship, support, holistic therapies, activities and events to help you live well with cancer.

Charlies Founder: Joanne Sutherland

Tel: 01452 939 000

Opening times: Monday to Friday, see timetable on website.

Email: charlies2014@yahoo.co.uk

Website: www.charlies.org.uk

Maggie's Centre is situated on College Baths Road next door to the old College Baths, behind the Fire Station in Cheltenham. The centre provides information, benefits advice, psychological support (both individually and in groups), courses and stress reducing strategies.

Centre manager: Nicola Peregrine

Email: nicola.peregrine@maggiescentres.org

Tel: 01242 250 611

Monday to Friday, 9:00am to 5:00pm

Website: www.maggiescentres

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Contact information

To arrange a review, please use the contact numbers below:

Gynaecology Surgical Clinical Administration Team

Tel: 0300 422 4464

Monday to Friday, 8:00am to 4:00pm

Oncology Secretary Team

Tel: 0300 422 4925 or

Tel: 0300 422 3510

Monday to Friday, 8:00am to 4:00pm

Gynaecological Cancer Nurse Specialists

Tel: 0300 422 4047 or

Tel: 0300 422 3181

Monday to Friday, 8:30am to 4:30pm

If we cannot take your call, please leave a short message with your name, date of birth and contact number and someone will get back to you as soon as possible.

Gloucestershire Domestic Abuse Support Service (GDASS)

This is a county-wide service offering a variety of support programmes for women and men over 16 years old who are experiencing domestic abuse.

Tel: 01452 726 570

Monday to Friday, 9:00am to 5:00pm

Domestic Violence Helpline

Tel: 0808 2000 247 (24 hours)

Email: support@gdass.org.uk

Website: www.gdass.org.uk

Content reviewed: May 2025

Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>