

Follow up appointments and advice on recurrence of gynaecological cancer

Introduction

This leaflet will give 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 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 your key worker.

Your key worker is normally your specialist nurse whose contact number is at the end of this leaflet. At 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_01_21

Department

Gynaecology

Review due

January 2024

**Patient
Information**

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.

At the final follow up appointment, the doctor or specialist nurse will remind you about what signs and symptoms could indicate the return of the cancer.

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 these symptoms start and how long they last for.

Possible symptoms

If you have any of the following signs and symptoms for more than 2 to 3 weeks you should discuss with your GP or key worker:

- 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
- A fever, cough or cold that does not go away
- Unusual rashes, bruises or bleeding
- Any vaginal bleeding or discharge.

**Patient
Information****Support and information services****Macmillan Hub**

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

Tel: 0300 422 8880

Centre Manager: Helen Hicks

Email: ghn-tr.macmillanhub@nhs.net

Opening times: Monday to Friday, 9:00 am to 4:00 pm

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

Website: www.charlies.org.uk

Charlies Founder: Joanne Sutherland

Email: charlies2014@yahoo.co.uk

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

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

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

Tel: 0300 422 4414

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.

Website: www.maggiescentres.org

Tel: 01242 250 611

Centre manager: Nicola Peregrine

Email: nicola.peregrine@maggiescentres.org

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

Patient Information

Maggie's - 'Big Op Support Group'

The 'Big Op Support Group' is run on a monthly basis on the third Tuesday of the month at the Maggie's Centre, Cheltenham by the Gynaecology Clinical Nurse Specialists and staff at Maggie's. If you are finding it difficult to 'move on' after your treatment you may find attending this group useful. It is a supportive, non-clinical and safe environment where you can talk about your concerns and fears with the support of women who have had a similar journey.

Maggie's Cheltenham

Tel: 01242 250 611

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

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

Tel: 0300 422 4925

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

Clinical Nurse Specialists

Jessica Cook - Tel: 0300 422 4047

Lisa Peck - Tel: 0300 422 3181

Louise Dangerfield - Tel: 0300 422 2366

If we cannot take your call, leave a short message with your name, date of birth and contact number and the right person will get back to you as soon as possible. Your GP can also use these numbers to contact the team for you.

Content reviewed: January 2021