

**Patient
Information**

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.

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.

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Department

Gynaecology

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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.

Contact information

Gynaecological Cancer Clinical Nurse Specialists

Cheltenham General Hospital

Tel 0300 422 3181

Tel 0300 422 4047 Monday to Friday, 8:30 am to 4:30 pm

Gynaecological Cancer Clinical Nurse Specialists

Worcestershire Royal Hospital

Tel 01905 733 257 Monday to Friday, 9:00 am to 5:00 pm

Gynaecology Advanced Nurse Practitioners

Gloucestershire Royal Hospital

Tel 0300 422 6669 Monday to Friday, 8:30 am to 4:30 pm

Gynaecological Cancer Clinical Nurse Specialists

Hereford County Hospital

Tel 01432 364 107 Monday to Friday, 8:30 am to 4:30 pm

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Further information

Macmillan Cancer Support Line

Tel: 0808 808 00 00 Monday to Friday, 9:00am to 8:00pm

Website: www.macmillan.org.uk

Maggie's

Cheltenham Tel: 01242 250 611

Email: Cheltenham@maggiescentres.org

Website: www.maggiescentres.org

Below is a chart which can be used to list your expected follow up plan. Please bring this with you to follow up appointments when possible. This plan is flexible and may change depending on individual needs.

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Monthly interval	Date of Appointment	Time	Where

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