



Living with  beyond
gynaecological cancer

**Patient initiated
follow-up after
completing
treatment for
ovarian cancer**

Issued by Gynaecology Oncology

Patient initiated follow-up after completing treatment for ovarian cancer

This leaflet explains what will happen now that you have completed your treatment.

There is good evidence to show that having regular follow-up appointments does not help prevent cancer returning or identify any new problems related to the cancer. There is strong evidence that symptoms and concerns are addressed more quickly if patients report them as they occur rather than waiting for a routine follow-up appointment. Now that your treatment is complete you will not be seen regularly at the hospital but the team is still there for you if you need them as is your GP.

You and your doctor have agreed that you do not need to come to hospital for routine appointments.

The risk that cancer will come back is different for every woman. By having the treatment recommended by your medical team you have minimised your personal risk as much as possible.

Following treatment for cancer it is normal to experience some worry and anxiety. If you feel that you are not able to move forwards with your life please speak to your nurse specialist or GP who can refer you for extra support.

If you need to be seen by a doctor or nurse specialist an appointment can be arranged very quickly or the team may advise you to see your GP.

When you should contact your GP or hospital team

If you experience any bleeding or unusual vaginal discharge please contact us at your earliest convenience. If you experience any of the problems listed below for more than two weeks you should contact your GP or hospital team.

- Abdominal/pelvic pain
- Feeling bloated
- Feeling full quickly when you eat
- Nausea/vomiting
- Loss of appetite
- Vaginal discharge/bleeding
- Feeling excessively tired
- Unexplained weight changes (loss or gain)
- Change in bowel habit
- Change in bladder habit
- Shortness of breath/persistent cough
- Leg swelling (lymphedema)

Any of these problems can be caused by a number of reasons but it is always sensible to speak to a doctor or nurse.

Contact telephone numbers

(Monday to Friday from 8.30am to 4.30pm)

Nurse specialists

Susan Richardson: **01670 564292 / 07717 868222**

Sarah Curry: **01670 529653 / 07966176106**

Consultant secretaries

Carol Hostler: **01670 564151** Natalie Hall: **01670 564150**

Louise Collis: **01670 529048**

Gynae Oncology Nurse Specialist secretary

Cheryl Reason: **01670 564176**

Alternative formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices www.nhs.uk

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202** Text: 01670 511 098

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries - **03 44 811 8111** www.northumbria.nhs.uk

Data protection Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

PIN 789/V1

Review date: June 2022

© This material is the copyright of Northumbria Healthcare NHS Foundation Trust