

Knowsley Lyndale, Cancer Support Centre
Telephone Number 0151 489 3538

Sefton Cancer Support Group
Telephone Number 01704 876613
www.seftoncancersupport.org.uk

St Helens Cancer Support Group
01965 632233 / 01744 884097

Warrington & District Cancer Self Help Group
01925489540/01928635925
07734 052576
www.cancerbacup.org.uk

Wirral Cancer Support Group
0151 645 7824 / 0151 648 5604
www.cancerbacup.org.uk

The Wirral Holistic Therapeutic Cancer Centre
0151 652 9313
www.wirralholistic.org.uk

Widnes & Runcorn Cancer Support Group
0151 423 5730
www.widnesruncornsg.org.uk

Isle of Man Manx Cancer Help Association
01624 679544

www.mccn.nhs.uk
Merseyside & Cheshire Cancer Network

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Liverpool Women's
NHS Foundation Trust

Gynae-Oncology

What to expect
during your
follow-up care

What is a follow up appointment?

This information booklet has been produced by patients and staff to help you understand the support and care you will receive at Liverpool Women's Hospital (LWH) when you have completed your treatment whether it has been surgery, chemotherapy or radiotherapy.

The aim of the follow up appointment is to:

- ensure you are recovering from your treatment
- review any side effects that you are experiencing as a result of your treatment
- to try and detect whether your cancer has returned
- to support you in your readjustment after treatment

Where is the follow up?

- Follow-up takes place in the Gynaecology Out-patient Department at Liverpool Women's Hospital on a Wednesday, although it may be possible for you to be followed up in your local hospital if so please discuss this with your Clinical Nurse Specialist.
- The multi-disciplinary team of doctors consisting of speciality surgeons, chemotherapists and radiotherapists, attends the Wednesday clinic. Other members of the team include Specialist Palliative Care Consultant, Clinical Nurse Specialists, Lymphoedema Support Nurse, Specialist Macmillan Social Worker, Dietician and medical students.
- You may not always be seen on time, however we will endeavour to ensure you do not wait longer than necessary. We will inform you of any delays during the clinic. The needs of patients vary at the time of their appointment, therefore some patients may require a longer consultation and sometimes with more than one Specialist.
- The Clinical Nurse Specialist assessment follow up appointment will take place on a Tuesday at Liverpool Women's Hospital and will take approximately 40 minutes.

Gynae C, 1 Bollingbroke Road, Swindon, SN2 2LB
Telephone: 01793 4911116
Email: Gynae_C@yahoo.com
www.communigate.co.uk/wilts/gynaec

A support group / helpline run by Helen Jackson for women (and their family or friends) who have any gynaecological cancer.

Jo's Trust, Weedon Villa, Everdon, Northants, NN11 3BQ
Telephone: 01327 341965 –
Pamela's direct line she is happy to speak to patients.
Email: Pamela@jotruster.co.uk
www.jotruster.co.uk

Ovacome, Elizabeth Garrett Anderson Hospital, Huntley Street, London, WC1E 6DH
Telephone: 0207 3809589
www.ovacome.org.uk

A national support group for all those concerned with ovarian cancer.

VACO, Vulval Awareness Campaign Organisation
Telephone: 0161 747 5911
Email: vacouk@yahoo.com
Or
Carolvaco2003@yahoo.co.uk
www.vaco.co.uk

Help, support & friendly advice co-ordinated by a patient—Carol Jones

Liverpool Liverpool Cancer Support
Telephone Number 0151 726 8934

E.V.O.C Gynaecological Support Group
Telephone Number 0151 702 4186

DIPEX Database of individual patient experiences
www.dipex.org

RESOURCES FOR GYNAE-ONCOLOGY PATIENTS

Cancer Bacup, 3 Bath Place, Rivington Street, London, EC2A 3JR

Telephone: 02077392280

Freephone: 08088001234 (Mon-Fri 9am-

8pm)

www.cancerbacup.org.uk

National UK support organisation for all cancers, staffed by specialists providing information and counselling. They have recently compiled a fact sheet on Primary Peritoneal Cancer which can be requested by telephone and will be included in their website and in the Fact File next year.

The Daisy Network, PO Box 183, Rossendale, Lancashire, BB4 6WZ

Email: membership&media@daisynetwork.org.uk

www.daisynetwork.org.uk

The Daisy Network is a premature menopause support group which offers advice, information and support for women throughout the UK.

Macmillan Cancer Support, 89 Albert Embankment, London, SE17UQ

Macmillan Cancerline: 0808 8082020
(Mon-Fri 9am–6pm)

Email: cancerline@macmillan.org.uk

Benefits helpline: 0800 500800

www.macmillan.org.uk

National organisation providing support and written information for anyone affected by any type of cancer.

Menopause Matters www.menopausematters.co.uk

For accurate, up to date information about the menopause and its treatment options "An easy to use, independent, clinician-led website."

When is the follow up?

Your first follow-up appointment will normally take place a couple of weeks after completion of treatment. This is to allow time for natural healing or to have further investigations carried out. However, after radiotherapy treatment you will usually be seen shortly after treatment and then a few months later again after the effects of the radiotherapy will have settled down. You will be seen by a doctor. Further appointments will be at intervals of 4 months and 6 months. You may then be given an appointment to attend every year for up to 3 years.

In addition to your clinical follow up you will have an assessment by the Clinical Nurse Specialist on completion of treatment (generally around 6 weeks following the end of your treatment). Ladies who have had radiotherapy will be seen around 12-14 weeks after treatment.

Note: If you have symptoms that you are concerned about outside of these times then contact your Clinical Nurse Specialist for advice or your District Nursing Team if you are still under their care.

What to expect at your appointment

- As Liverpool Women's is a teaching hospital you may not always see the same doctor, however it will be a doctor from the Oncology Team.
- You will have an opportunity to discuss with the doctor how you have been feeling physically
- You may have a vaginal / rectal examination to clinically assess how you are (this is assessed on an individual need)
- After your clinical assessment it may be necessary for you to have some investigations undertaken ie:
 - routine blood tests
 - tumour markers ie CA125 – although this is not routine
 - x-ray / ultrasound scan
 - MRI scan (ask the nurse specialist if you require more information)
 - CT scan (ask the nurse specialist if you require more information)
- If you are involved in a clinical trial you may see the Trials Nurse on a regular basis.
- During clinic the doctor may suggest you may benefit from meeting another member of the multi disciplinary team.

