

Patient initiated follow-up after completing treatment for ovarian cancer

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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 G.P.

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 everyone. 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 in life please speak to your nurse specialist or G.P. who can refer you for extra support.

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

When you should contact your G.P. or hospital team

If you experience any of the problems listed below for more than two weeks you should contact your G.P. 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 (lymphoedema)

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 8.30am to 4.30pm)

Nurse Specialists

0191 4453404

0191 4452123

0191 4456706

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.

In order to assist us to improve the services available, your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews and Statistics.

Further information is available via Gateshead Health NHS Foundation Trust website (<https://www.qegateshead.nhs.uk/fairprocessing>) or by contacting the Data Protection Officer by telephone on 0191 445 8418 or by email ghnt.ig.team@nhs.net.

This leaflet can be made available in other languages and formats upon request

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