

Patient initiated follow-up after completing treatment for a borderline ovarian tumour

Patient initiated follow-up after completing treatment for a borderline ovarian tumour

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

Following on from your treatment, you and your doctor have agreed that you do not need to come to hospital for routine appointments.

Evidence suggests that having regular follow-up appointments does not help prevent borderline tumours returning and instead symptoms and concerns are addressed more quickly if patients report them as they occur. The risk that borderline tumours can 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 it is normal to experience some worry and anxiety. If you feel that you require a little extra support please speak to your nurse specialist or G.P. who can refer you for extra support.

If you need to see 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 8.30 to 4.30)

Nurse Specialists

0191 4453404

0191 4452123

0191 4456706

Out of hours contact number

Ward 21

0191 4452021

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. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.

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

NoIL716 Version: 1 First Published: 06/2019 Review Date: 06/2021

Author: Helen Manderville