



Gynaecological Cancer – Discharge Leaflet

What is patient initiated follow-up?

Patient initiated follow-up puts you, the patient in control.

Research has shown that having a regular outpatient follow-up does not help prevent cancer returning or identify any new problems. Many patients find the follow-up visits to the hospital cause a lot of anxiety.

We plan to discharge you back to your GP's care and instead of having regular clinic visits, you will be able to make an appointment to see us if you have any worries or concerns.

Your first point of contact should be your gynaecology clinical nurse specialist.

What support can my Gynaecology–Oncology Clinical Nurse Specialist (CNS) offer me?

Your CNS will be known to you since your diagnosis of gynaecological cancer. All patients will be able to get the specialist advice, support and information that a CNS can offer. They are available at any point in your care including the period following your discharge from regular hospital follow-up. If you have any concerns about any new signs and symptoms, after treatment, need advice or support, contact your CNS on **0121 424 7788** or **0121 424 2156**.

Symptoms you may want to report

Many patients ask what symptoms they should report to us. The majority of patients have no further problems after they complete their treatment, and a normal life free from these symptoms.

The following guide may help you with what symptoms to seek further advice about. If you have any of the following symptoms which are getting worse rather than better please contact your CNS or GP:

- Any vaginal bleeding
- A blood stained or altered vaginal discharge
- Swelling of the tummy/stomach
- Stomach/ pelvic discomfort or pain
- Swelling of the lower limbs or genital area
- Loss of appetite or digestive trouble such as nausea or vomiting
- New, long lasting cough or shortness of breath

Please remember that the symptoms you may experience are not always connected to your original Gynaecological problem.

Information for Patients

Your feelings

Everyone will have different feelings when they no longer need to be seen regularly by their medical team. Some people feel relieved that they can now start getting their lives back to normal. Others may be concerned about what can happen in the future and are anxious about losing contact with the hospital. Most people worry about the cancer coming back. This is perfectly normal and usually lessens with time.

If you are finding moving on difficult you may want to talk to someone about your feelings. This could be your CNS, or GP. You can talk to someone who has been through a similar experience through a Support Service, or a local support group. Your CNS will be able to provide you with these contact details. We have provided a list below.

Important contacts

Gynaecology Oncology Macmillan Clinical Nurse Specialists

Team: Louise Hatherall, Louise McCarthy, Julie Smith

Available: Monday to Friday, 08:00–16:00pm – except bank holidays.

Tel: **0121 424 7788** or **0121 424 2723**

Bleep: Via **0121 424 2000 – 8223 or 2156**

Based at: Good Hope Hospital, Ward 3, Rectory Road,
Sutton Coldfield, B75 7RR

Cancer Research UK

Telephone: 0300 123 1022

Website: <https://www.cancerresearchuk.org/>

The Eve Appeal

Telephone - 020 7605 0100

Website: <https://eveappeal.org.uk/>

Jo's Trust

Telephone: 0808 802 8000

Website: <https://www.jostrust.org.uk/>

Macmillan

Telephone: 0808 808 00 00

Website: <https://www.macmillan.org.uk/>

NHS Choices

Telephone: 111

Website: <https://www.nhs.uk/>

Women's Health Concern

Telephone: Currently unavailable at present

Website: <https://www.womens-health-concern.org/>

Ovacome

Telephone: 0800 008 7054 or 07503 682 311

Website: <https://www.ovacome.org.uk/>

Information for Patients

Target Ovarian Cancer

Telephone: 020 7923 5475

Website: <https://www.targetovariancancer.org.uk/>

Gynaecology-Oncology

Queen Elizabeth Hospital Birmingham

Mindelsohn Way, Edgbaston

Birmingham, B15 2GW

Telephone: 0121 627 2000

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.