

## Local/national support groups

### Ovacome

For patients with ovarian cancer

- [www.ovacome.org.uk](http://www.ovacome.org.uk)
- Telephone: 0207 380 9877
- Telephone: 0207 936 7498

### Target Ovarian Cancer

- [support@targetovariancancer.org.uk](mailto:support@targetovariancancer.org.uk)
- Telephone: 0207 923 5474

### Menopause Matters

- [www.menopausematters.co.uk](http://www.menopausematters.co.uk)

### Macmillan Cancer Support

Information and counselling service

- [www.macmillan.org.uk](http://www.macmillan.org.uk)
- FreePhone: 0808 808 0000
- Telephone: 0207 840 7840

### The Fountain Centre

St. Luke's Cancer Centre, Level B,  
Royal Surrey County Hospital

- [www.fountaincancersupport.com](http://www.fountaincancersupport.com)
- Telephone: 01483 406618

### The Olive Tree

Sussex Annex, Crawley Hospital

- [www.olivetreecancersupport.org.uk](http://www.olivetreecancersupport.org.uk)
- Telephone: 01293 600300 ext 3980

### East Surrey Macmillan Cancer Support Centre

Cananda Avenue, Redhill, RH1 5RH

- Telephone: 01373 304176

## Care after ovarian cancer treatment

### PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

**Opening hours:** 9.00am–3.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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- Ashford and St Peter's Hospital
- Frimley Park Hospital
- Royal Surrey County Hospital
- Surrey and Sussex Hospital

### Patient information leaflet

The following leaflet has been written for women who have completed treatment for ovarian cancer.

## [What happens after I have completed my treatment?](#)

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Now that your treatment has completed for Ovarian Cancer, you will commence regular follow up appointments and will continue to be seen in the Surgical and/or Oncology clinics. These regular follow ups are important to attend so that if your cancer does return it is diagnosed early.

## [Your follow-up](#)

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### **Surgery alone**

6 monthly follow up for 5 years

### **Surgery and Chemotherapy**

Follow-up will continue for up to 5 years. Initially your follow up will be 3-4 monthly follow until 18 months following completion of chemotherapy and surgery, then 6 monthly follow up until 5 years. No routine scans will be undertaken.

Follow-up schedules and scans may vary according to individual clinical need.

The Gynaecology Oncology Clinical Nurse Specialist (CNS) will continue to be your key worker contact for help and advice. If necessary she will arrange for you to be seen earlier than your follow up appointment so that if you require any further tests or treatment it can be arranged.

## [When should I call?](#)

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You should phone if you have any symptoms that may indicate that the cancer has returned, or if you have ongoing problems from your treatment that you need help with.

The following are symptoms which may occur following your treatment and require investigations are:

- Pain in the stomach or pelvis
- Bloating or swelling of stomach
- Bowel changes e.g. diarrhoea or constipation
- Bleeding from vagina or back passage
- New aches and pains generally feeling unwell
- Swelling of legs
- Shortness of breath

These symptoms may be completely unrelated to your cancer, but they could be signs that it has returned. If symptoms are experienced please contact the Gynaecological Oncology Clinical Nurse Specialist (CNS).

## [What will happen following my phone call?](#)

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One of the following will be suggested:

- A clinic appointment for assessment
- A visit to your GP
- Reassurance that nothing further is required

## [Recovering from cancer](#)

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It is very normal to feel anxious after you have completed your treatment. Emotional recovery from cancer does take time and you may find that you have 'up' and 'down' days for a while. Your CNS and GP will be happy to discuss any issues such as:

- Low mood/depression
- Sexual and relationship problems
- Financial concerns
- Any other major concerns related to your diagnosis/treatment.

Remember that you will still get usual coughs and colds, aches and pains. Your GP can always be contacted and he/she will always contact your Cancer Consultant if they are concerned.

## [Reference source](#)

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The Gynae Cancer Network Clinical Guidelines, June 2013

## [Useful contacts](#)

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### **Clinical Nurse Specialist – Gynae-Oncology**

The CNS at St. Luke's can be contacted Monday–Friday

**Telephone:** 01483 571122 ext 2038