

Reference sources and local/national support groups

Menopause Matters

- www.menopausematters.co.uk

Macmillan Cancer Support

Information and counselling service

- 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
- Telephone: 01483 406618

The Olive Tree

Sussex Annex
Crawley Hospital

- www.olivetreecancersupport.org.uk
- Telephone: 01293 600300 ext 3980

East Surrey Macmillan Cancer Support Centre

Cananda Avenue, Redhill, RH1 5RH

- Telephone: 01737 304176

The Eve Appeal

- www.eveappeal.org.uk
- Telephone: 020 7605 0100

Care after Endometrium (womb) 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

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

This leaflet has been written for women who have completed their treatment for womb cancer.

What happens after I have completed my treatment?

Now that your treatment has completed for Endometrium (womb) 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

Surgery alone – you will be followed up at 6 monthly intervals for 3 years.

Surgery with radiotherapy +/- chemotherapy – 3 monthly follow up from the time of your final treatment for 1 year followed by 6 monthly follow up for a further 4 years.

Your follow-up will usually alternate between your surgeon and oncologist. Follow-up schedules and scan timings may vary according to individual clinical need.

You will not be required to attend for further smears.

The Gynaecology Oncology Clinical Nurse Specialist (CNS) will continue to be your key worker and 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?

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:

- Bleeding from the vagina
- Bleeding from the back passage
- Bleeding after sexual intercourse
- Problems with passing water
- Vaginal discharge
- New aches and pains and/or generally feeling unwell
- Weight loss without dieting or exercise
- Swelling of legs
- Feeling of bloating or swelling of the abdomen

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?

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

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.

Useful contacts

Clinical Nurse Specialist

- The CNS at St. Luke's can be contacted Monday–Friday
Telephone: 01483 571122 ext 2038