

Local/national support groups

Jo's Trust

A charity dedicated to women with cervical cancer

- www.jostrust.org.uk
- Telephone: 0207 936 7498

The Daisy Network

Premature Menopause Support Group

- www.daisynetwork.org.uk
- Telephone: 0845 122 8616

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



Royal Surrey
County Hospital
NHS Foundation Trust

Care after Cervical 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.

Past review date: June 2017
Future review date: June 2020
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PIN170622–1274



- 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 cervical cancer.

What happens after I have completed my treatment?

Now that your treatment has completed for Cervix Cancer, you will commence a period of follow up and will continue to be assessed at regular intervals 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

4 monthly follow up for 3 years after surgery. You will have a smear test about 6 months and 18 months after surgery.

Radiotherapy and Chemotherapy

Follow up will continue for up to 5 years. Initially you will receive a 4 week appointment to check side effects of treatment followed by 3 monthly follow up for a year. You will have an MRI scan and CT scan at 3 months. In year 2 the follow up will be 4 monthly. Year 3-5 follow up will be 6 monthly. Your follow-up will usually alternate between your surgeon and oncologist. Smear tests will not be routinely performed.

Follow-up schedules and scan timings may vary accordingly to individual clinical need.

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 or concerns 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 bowel
- Bleeding after sexual intercourse
- Bowel changes i.e. diarrhoea or constipation
- Problems with passing water
- Vaginal discharge
- Weight loss without diet or exercise
- Feeling generally unwell and/or aches and pains
- Swelling of legs

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.

Reference source

The Gynae Cancer Network Clinical Guidelines, June 2013

Useful contacts

Clinical Nurse Specialist

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