

Gynaecology

Patient Initiated Follow Up (PIFU)

Patient Initiated Follow Up after completing treatment

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

After your treatment, you and your cancer team have agreed that you no longer need to come to hospital for routine appointments.

Evidence suggests that having regular follow up appointments do not help prevent your cancer returning, instead symptoms and concerns are addressed more quickly if patients report them as they happen. The risk that a borderline ovarian tumour, endometrial cancer or cervical cancer 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.

After your treatment it is normal to experience some worry and anxiety. If you feel that you need a little extra support please speak to your nurse specialist or G.P who can refer you for extra support.

If there is a clinical 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.



Patient Information

When you should contact your G.P or hospital team?

Patient Initiated Follow Up after completing treatment for cancer of the uterus (womb) or cervical cancer

- **Vaginal bleeding** (spotting or heavy, red or brown in colour), contact your specialist nurse as soon as possible
- Bleeding after intercourse – contact your specialist nurse

If you experience any of the problems listed below for **more than two weeks** you should contact your G.P. or hospital team:

- Persistent vaginal discharge that's not fresh or old blood
- Abdominal pain and/or bloating
- Pelvic pain
- Back pain
- Unexplained weight loss
- Loss of appetite
- Feeling very tired
- Leg swelling (lymphoedema)
- Persistent change in bowel habit e.g. ongoing constipation or diarrhoea
- Persistent problems passing urine

Any of these problems can be caused by a number of reasons but it is always sensible to speak to a doctor or nurse.

Patient initiated follow up after completing treatment for a low grade & stage ovarian cancer or for a borderline ovarian tumour.

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

Patient Information

- 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)

Trigger Card

Why have I been given a Trigger Card?

Your trigger card will help you decide when you should contact us; the card is designed to fit in a purse or wallet so that you can conveniently refer to it. The Trigger Card highlights any symptoms that you should look out for and how to contact the Gynae cancer team for help.

How do I book a Patient Initiated Follow Up appointment if I have concerns?

If you develop any worrying symptoms or have any cancer related concerns then you can phone your specialist nurse. The nurse will then discuss your concerns with you and together you can decide if you need to come to clinic to see the specialist nurse or doctor.

Your thoughts and feelings about Patient Initiated Follow Up

Everyone will have different feelings when they no longer need to be seen regularly by their cancer team. Some women feel relieved that they can now start getting their lives back to 'normal'. Others may be concerned about what could happen in the future and are anxious about losing contact with their specialist team.

Patient Information

These feelings are all perfectly normal and your cancer team will always be available for you if you need their help and expertise.

Lost your Trigger Card?

If you have lost your Trigger Card please call your specialist nurse on 024 7696 7238 and they can send you a replacement.

Contact telephone numbers

(Monday to Friday 8:30am to 4:30pm)

Macmillan Gynae Oncology Nurse Specialists 024 76967238

Out of hours contact number

Ward 23 024 76967000

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7238 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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