

# Follow up

## Gynaecology Patient Information

You have now completed your treatment following your cancer diagnosis and will now be enrolled into a follow up programme here at the RUH either with your consultant or clinical nurse specialist.

### Follow up

At your check-up post treatment appointment, discussion will take place on your follow up which includes length of appointment, who will be conducting the appointment and what investigations you will need. If this is not discussed with you then please don't hesitate to contact your Clinical Nurse Specialist (CNS) team and discuss this with them.

You are likely to be asked to come back to clinic 3 monthly or 6 monthly in the initial stages dependent on your cancer and the treatment you have had.

You may be asked to have a scan prior to your clinic appointment and in some cases you may be asked to have a blood test.

You may also be asked when you come to clinic to have a vaginal examination.

The aim is to make sure you know what to expect before you come for a follow up appointment, but if you have worries or concerns then do not hesitate to call us.

### Between follow up appointments

Please contact the CNS team and do not wait for your next appointment if you have any concerns in-between appointments. We would much rather you contact us sooner so we can help and reassure you and offer advice or arrange a follow up appointment sooner.

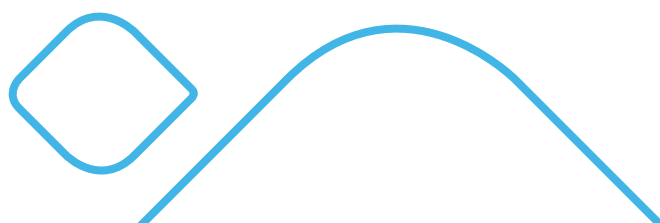
Following are some things to look out for that should prompt you to contact us before appointments. In general, if you experience abnormal vaginal bleeding or discharge, tummy pain and/or swelling that gets worse or upset bowel and/or bladder that gets worse please contact them for advice.

#### **If you had ovarian, fallopian tube or primary peritoneal cancer:**

- Swelling of the abdomen (tummy) or persistent bloating
- Feeling full when you eat
- Abdominal or pelvic pain that does not go away
- Urine incontinence or passing urine very frequently

#### **If you had cancer of the womb or cervix:**

- Unexplained vaginal bleeding



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- Bleeding after sex
  - Unusual vaginal discharge (offensive in smell or unusual colour)

**If you had cancer of the vulva or vagina:**

- Leg or groin swelling
- Any soreness, itching or bleeding of your vulval skin
- Any changes you are worried about

There are many charitable organisations on the internet that offer help and support. The following examples are listed for information only. This does not represent a recommendation or endorsement by the RUH. If you are concerned or confused by any information on these websites please contact the CNS team.

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

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

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

<https://ovarian.org.uk/>

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

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

**Gynaecology Oncology Clinical Nurse Specialists**  
**Royal United Hospitals Bath NHS Foundation Trust**  
**Combe Park, Bath BA1 3NG**  
**01225 821553 / 826922**  
[ruh-tr.gynaecologyoncologyCNS@nhs.net](mailto:ruh-tr.gynaecologyoncologyCNS@nhs.net)

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath, BA1 3NG

01225 428331 | [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656.

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