

## Symptoms to look out for

- **Bleeding from your bottom and/or blood in your poo.**
- **A persistent and unexplained change in your bowel habit.**
- **Unexplained weight loss.**
- **Extreme tiredness for no obvious reason.**
- **A pain or lump in your tummy.**

**Please contact us if you are worried about any of the symptoms listed above.**

## Will I still be able to contact the colorectal service if I have any concerns?

Yes. You can call the Colorectal Clinical Nurse Specialists (CNS) on the Cancer Care Line number if you have any queries or problems that you think are related to your previous bowel cancer or it's treatment. The Cancer Care Line is open 9am to 5pm Monday to Friday. We will aim to call you back within two working days or sooner, if needed.

If the CNS feels that you need to come back to the clinic to be seen, you will be offered a clinic appointment.

**This leaflet has been produced with and for patients**

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Patients should not bring in large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhuft.nhs.uk/patientinformation](http://www.ekhuft.nhs.uk/patientinformation)

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East Kent  
Hospitals University  
NHS Foundation Trust

# Supported Self Management for patients who have had bowel cancer

Welcome to your cancer follow-up care

Staff involved in supporting you:

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Cancer Care Line: 01227 86 86 66



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## Why have I been given this leaflet?

You have been given this leaflet as you have decided to undertake Supported Self Management for your five years of bowel cancer follow-up.

### Remember

- You will not have routine hospital appointments to get any test results. We will send you a letter with your results.
- We will send you blood test and appointment details for other tests when they are due.
- You can have blood tests taken at your GP surgery or local hospitals; it is your choice.

### Notes from your support staff

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## What tests will I have?

- Blood tests** will happen every six months, unless we tell you otherwise.
- CT scans** usually happen at one, two, and five years.

Please allow six weeks for your test results to get back to you. If you have **not** had your results back within this time, please phone the Cancer Care Line and tell them that you are on the Supported Self Management Pathway.

- Colonoscopies** usually happen at one year and four years from your surgery, but this does vary depending on your personal results.

The endoscopist will usually be able to explain whether your colonoscopy was normal after your procedure. If routine biopsies were taken, the results will go back to your consultant who will write to you directly with your results.

If the endoscopist is concerned after your colonoscopy this will be explained to you after your procedure and your results will be fast tracked. Please contact us as soon as possible if this is the case.

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	Test due	Results
6 months	Blood test	
1 year	Blood test	
	CT scan	
	Colonoscopy	
1½ years	Blood test	
2 years	Blood test	
	CT scan	
2½ years	Blood test	
3 years	Blood test	
4 years	Blood test	
	Colonoscopy	
5 years	Blood test	
	CT scan	

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