



North Tees and Hartlepool
NHS Foundation Trust

Aftercare following treatment for cancer of the ovary

Information for women

This leaflet can be made available in other formats including large print, CD and Braille and in languages other than English, upon request.

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

The results from your operation show that you have had an early stage cancer of the ovary. There is good evidence to show that attending hospital for regular check-ups does not help prevent cancer returning and does not increase life expectancy.

Research suggests that if ovarian cancer does come back many patients will notice symptoms rather than it being picked up by a doctor or nurse. Also some women delay reporting symptoms because they have a routine appointment.

Some women find attending regular appointments helpful as it provides reassurance whilst other women find attending hospital regularly makes them feel anxious unless they have something specific they want to discuss.

The risk that cancer will come back is different for every woman. By having the treatment recommended by your medical team you have minimised your personal risk as much as possible. It is not uncommon to have worries about the risk of cancer coming back. You can discuss any worries you have with your nurse specialist or G.P.

Now that your treatment is complete you will not be seen regularly at the hospital but the team are still there for you if you need them as is your G.P. If you need to be seen by a doctor or a nurse an appointment can be arranged very quickly or the team may advise you to see your G.P.

The following are a list of symptoms that you should report:

- Vaginal bleeding or discharge
- Feeling full quickly when you eat
- Abdominal pain and/or bloating
- Pelvic pain

- Nausea/vomiting
- Unexplained weight changes (loss or gain)
- Loss of appetite
- Feeling very tired
- Leg swelling (lymphedema)
- Changes in bowel habit
- Changes in bladder habit
- Shortness of breath/persistent cough

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

Contact numbers

In the first instance if you have any concerns you should contact your G.P.

Alternatively you can contact the Oncology Team:

Nurse Specialist

Telephone: 01642 624081

Consultants Secretary - North Tees: 01642 624213

Consultants Secretary - Hartlepool: 01429 522267

Monday – Friday, 9.00am – 5.00pm

Further information is available from:

Macmillan Cancer Support

Telephone: 0808 808 00 00

Monday – Friday, 9.00am – 8.00pm

Or visit macmillan.org.uk

Your local Macmillan Cancer Information centre is located at:

North Tees Hospital: Monday – Friday, 9.30am – 4.30pm

Hartlepool Hospital: Wednesday, 9.30am – 4.30pm

Telephone: 01642 383041

This leaflet has been produced in partnership with patients and carers. All patient leaflets are regularly reviewed, and any suggestions you have as to how it may be improved are extremely valuable. Please write to the Quality Assurance Team, University Hospital of North Tees or email: patientinformation@nth.nhs.uk

Comments, Concerns, Compliments or Complaints

We are continually trying to improve the services we provide.

We want to know what we're doing well or if there's anything which we can improve, that's why the Patient Experience Team is here to help.

Our Patient Experience Team is here to try to resolve your concerns as quickly as possible. If you would like to contact or request a copy of our PET leaflet, please contact:

telephone: 01642 624719

Monday – Friday, 9.00am – 4.00pm

Messages can be left on the answering machine and will be picked up throughout the day.

freephone: 0800 092 0084

Email: patientexperience@nth.nhs.uk

Out of hours if you wish to speak to a senior member of Trust staff, please contact the hospital switchboard who will bleep the appropriate person.

telephone: 01642 617617

24 hours a day, 7 days a week

The Patient Experience Team is available to discuss your concerns in person Monday – Friday, 1.30pm – 4.30pm. The office is based on the ground floor at the University Hospital of North Tees.

Data Protection and use of patient information

The Trust has developed a Data Protection Policy in accordance with the Data Protection Act 1988 and the Freedom of Information Act 2000. All of our staff respect this policy and confidentiality is adhered to at all times. If you require further information please contact the Information Governance Team.

telephone: 01642 833551 or email: information.governance@nth.nhs.uk

University Hospital of North Tees, Hardwick, Stockton-on-Tees. TS19 8PE

University Hospital of Hartlepool, Holdforth Road, Hartlepool. TS24 9AH

Telephone: 01642 617617

Fax: 01642 624089