

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Brighton and Sussex  
University Hospitals  
NHS Trust



**GYNAECOLOGY ONCOLOGY  
CLINICAL NURSE SPECIALISTS**

**CARE AFTER CANCER**

**PROVIDING SUPPORT FOR PATIENTS AND THEIR FAMILIES**

You have now completed your cancer treatment and have agreed to Patient Initiated Follow-Up (PIFU) as discussed with your consultant at your post treatment follow up appointment.

This leaflet has been written to help you decide when (or if) you need to get in touch with the Gynaecology Cancer Nurse Specialists and how they can be contacted.

## HOW TO CONTACT THE GYNAECOLOGY CANCER NURSE SPECIALISTS

### AVAILABLE:

- Monday – Friday
- 08:00 – 17:00

### DIRECT TELEPHONE NUMBER:

- 01273 664455

### EMAIL ADDRESS:

- Gynae.CNS@bsuh.nhs.uk

If you leave your name and number we aim to return your call within 24 hours or on the next working day if you contact us on the weekend or a bank holiday.

## WHEN SHOULD I CONTACT THE GYNAECOLOGY CANCER NURSE SPECIALISTS

You should contact us if you have new symptoms that you are concerned about or if you are experiencing ongoing problems following your treatment that you may need help with.

The following list contains some of the more common symptoms people get if their cancer comes back.

However, it is important to remember that most people will not experience any of these symptoms and that even if you have all of them it does not necessarily mean the cancer has returned.

If you get any of the following symptoms for no apparent reason and they last for more than a few days, please phone your Gynaecology Cancer Nurse Specialist for further advice:

- Bleeding or discharge from the vagina (front passage)
- Bleeding from the rectum (back passage)
- Bleeding after sexual intercourse
- Bowel changes (e.g. diarrhoea or constipation)
- Problems with passing water (urine)
- New aches and pains or lumps in your abdomen
- Persistent abdominal swelling or bloating
- Weight loss without dieting or exercise
- Feeling generally unwell
- Leg swelling
- Skin changes or itching in the genital area

## WHAT WILL HAPPEN AFTER I HAVE PHONED

One of the following will be suggested:

- A clinic appointment
- A visit to your GP
- Reassurance that nothing further is needed

A record of your call will be kept for future reference.

## WHEN SHOULD I SEE MY GENERAL PRACTITIONER (GP)

It is important to remember that you will still get colds, coughs, aches and pains just like anybody else.

If your GP is concerned about your symptoms, they will contact your Gynaecology Cancer Nurse Specialist who can arrange for you to be seen.

## RECOVERING FROM CANCER

Sometimes emotional recovery after treatment does take time.

It is normal to have 'up' and 'down' days for a while afterwards.

The Gynaecology Cancer Nurse Specialists or your GP will be happy to help you with the following issues:

- Low mood
- Depression
- Feeling isolated
- Sexual and relationship matters
- Financial concerns
- Any other major concern related to your diagnosis and treatment

For information on health and well-being events please contact the Horizon Centre.

## THE MACMILLAN GYNAECOLOGY NURSE SPECIALISTS CONTACT DETAILS AT BSUH

### ROYAL SUSSEX COUNTY HOSPITAL

- Telephone Number: 01273 696955
- Extension Number: 64455

### MACMILLAN GYNAECOLOGY CLINICAL NURSE SPECIALISTS & SUPPORT WORKER

- Telephone Number: 01273 664455
- Email Address: [Gynae.CNS@bsuh.nhs.uk](mailto:Gynae.CNS@bsuh.nhs.uk)

## OTHER USEFUL CONTACT INFORMATION

### THE MACMILLAN HORIZON CENTRE, BRIGHTON

Telephone Number: 01273 468770

Email Address: [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

### MACMILLAN CANCER SUPPORT

Telephone Number: 0808 808 00 00

Website Address: [www.macmillan.org.uk](http://www.macmillan.org.uk)

### JO'S CERVICAL CANCER TRUST

Helpline Telephone Number: 0808 802 8000

Office Telephone Number: 020 3096 8100

Website Address: [www.jostrust.org.uk](http://www.jostrust.org.uk)

### THE EVE APPEAL

Telephone Number: 020 7605 0100

Website Address: [www.eveappeal.org.uk](http://www.eveappeal.org.uk)

### TARGET OVARIAN CANCER

Telephone Number: 020 7923 5470

Email Address: [info@targetovariancancer.org.uk](mailto:info@targetovariancancer.org.uk)

Target Ovarian Cancer Support Line: 020 7923 5475

Email Address: [support@targetovariancancer.org.uk](mailto:support@targetovariancancer.org.uk)

Website Address: [www.targetovariancancer.org.uk](http://www.targetovariancancer.org.uk)

### OVACOME (OVARIAN CANCER SUPPORT NETWORK)

Telephone Number: 0800 008 7054

Telephone Number: 0207 299 6654

Email Address: [ovacome@ovacome.org.uk](mailto:ovacome@ovacome.org.uk)

Website Address: [www.ovacome.org.uk](http://www.ovacome.org.uk)

### LYMPHOEDEMA SUPPORT NETWORK

Information and Support Telephone Number: 020 7351 448

Website Address: [www.lymphoedema.org](http://www.lymphoedema.org)

### PELVIC RADIATION DISEASE ASSOCIATION

Telephone Number: 01372 744338

Website Address: [www.prda.org.uk](http://www.prda.org.uk)

### CANCER SUPPORT UK

Telephone Number: 020 7470 8755

Email Address: [hello@cancersupportuk.org](mailto:hello@cancersupportuk.org)

Website Address: [www.cancersupportuk.org](http://www.cancersupportuk.org)

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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