The Macmillan Upper Gastro - Intestinal and HPB Cancer Nurse Specialists

Support and information for patients and their families when diagnosed with cancer of the upper gastro - intestinal tract and hepatobiliary cancers

at the Royal Sussex County Hospital
We are the Macmillan Upper Gastro-intestinal and hepatobiliary Cancer Nurse Specialists. We work at The Royal Sussex County Hospital, in Brighton. We are here to support you and those around you, through your cancer journey.

Please keep this leaflet; it will give you an idea of the way in which we can help you. It will also tell you how to contact us, which you may need to do now or in the future. We can meet with you, your family or carers at the hospital.

**Do you need support or information?**

People can experience a wide range of emotions when the possibility of having cancer is mentioned. It can be a frightening and unsettling time for patients and those around them. Whatever you are feeling at present, it may help to talk to someone. We are available to talk with you about your feelings, and to answer any questions you may have about your disease or the proposed treatment. If we can’t answer all your questions, we can put you in touch with someone who can.

You can ask us about your diagnosis and disease, as well as your treatment plan and what it will involve. We can explain the options and make sure you know about the different kinds of help available to you each step of the way. We would be happy to see you by yourself or with your partner, friend or relative. You’ll find our contact details on the next page.
Do you need a link between different people in the multidisciplinary team?

As there will be a number of people involved in your treatment and care, you may find it helpful to use us to ‘link them up’. We can explain their different roles and if you would like us to speak to them on your behalf we will be happy to do so.

We can also put you in touch with the different services in the hospital and the community that may be useful to you - the community nursing service, dietitians, counsellors and social workers for example.

There are also a number of support organisations that you may like to know about. (Please refer to the back page).

Do you need help coping with your symptoms?

At times the disease or treatment may cause symptoms which are difficult to cope with. Part of our role is to help you look positively at how to manage these symptoms. Most symptoms can be controlled by expert use of medication. We can also look at how other techniques like relaxation and counselling may help.

How to contact us

You can receive support from our team Monday to Friday 9am to 5pm on telephone number 01273 696955 extension 67864.
Useful telephone numbers

- Macmillan UGI and HPB Cancer Specialist Nurses: 01273 696955 Ext. 67864
- Macmillan UGI and HPB Support Worker: 01273 696955 Ext. 67658
- Macmillan Psychological Support Team: 01273 664694
- Digestive Diseases Appointments: 01273 696955 Ext. 63996
- Macmillan Dietician: 01273 696955 Ext. 64208
- Cancer Centre Reception/Appointments: 01273 696955 Ext. 64324
- Radiotherapy Reception: 01273 664901
- Chemotherapy Reception: 01273 696955 Ext. 64799
- Howard 1 Ward: 01273 696955 Ext. 64051
- Digestive Diseases ward, level 9: 01273 696955 Ext. 64498 or 64499
- Macmillan Cancer Line: 0808 808 0000
- Benefits Enquiry Line Brighton and Hove: 0800 882200
- Macmillan Benefits helpline: 0800 500 800
- Oesophageal Patients Association: 07715 011323

Useful Websites
- www.macmillan.org.uk
- www.sussexcancer.nhs.uk
- www.mycancertreatment.org
- www.nhs.uk/ips
- www.nhschoices