The Macmillan Colorectal Nurse Specialists

Information for patients

at the Royal Sussex County Hospital and the Princess Royal Hospital
Who are the Macmillan Colorectal Nurses?

We are registered nurses with specialist education and training in cancer care, working alongside the multi-disciplinary bowel cancer team both on the wards and in the outpatient department.

We offer expert advice on treatment options, and give psychological support to you and those close to you throughout your illness, helping people with a possible or confirmed diagnosis of cancer to cope with the particular difficulties it may bring.

What do I do if I need support or information?

It can be a very frightening and unsettling time for patients and their relatives. Whatever you are feeling at present, it may help to talk to someone who has the time to listen and to answer any questions you may have. Please feel welcome to contact us. You can make a hospital appointment with us at any time.

We would be happy to see you alone or with your partner, family or friend - whichever you prefer. You can ask us about your diagnosis and disease, as well as your treatment plan and what it will involve. We explain the treatment options and make sure you know about the different kinds of help available to you each step of the way. If we can’t answer all your questions, we will put you in touch with someone who can.

What do I do if I need a link between different people?

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 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 provide links to other professionals and between hospital and home.
We can also put you in touch with the different services in the community that may be useful to you when you are at home. There are a number of support organisations that you may want to know about. We can identify sources of practical help.

What do I do if I need help coping with my symptoms?

At times the disease or treatment may cause symptoms which are difficult to cope with. We will be available to discuss the symptoms with you and explain the treatment options. If you would like to speak to us from home please feel welcome to contact us directly by telephone, where we will be available specifically to answer questions and offer advice and support. You’ll find our contact numbers on the back page. We will aim to return phone messages within 24 hours during working days.

What do I do if my family needs support?

Our support is available to you, your partner and your family. The people who love and care for you may need support with their own feelings about your illness, or information on how they can best support you. Please make sure that they see a copy of this leaflet.

How can I contact the Macmillan Colorectal Nurse specialists?

We work office hours from Monday to Friday and run a helpline between 9.00am and 10.00am. We have an answering machine: Please leave a message if we are not available when you call. We will return your call as soon as we can.

The Royal Sussex County Hospital
Tel no: 01273 696955 Ext.4349

The Princess Royal Hospital
Tel no: 01444 441881 Ext.5694
Further support or information is available from

**Macmillan Cancer Support**
Macmillan Cancer Support supports and develops services to provide specialist care for people with cancer.

*89 Albert Embankment, London SE1 7UQ*
*Telephone: 0808 808 0000*
*Website: www.macmillan.org.uk*

**Colostomy Association**
Information and emotional support given by helpers who have long experience of living with colostomy.

*15 Station Road, Reading Berkshire RG1 1LG*
*Telephone: 0800 328 4257*
*Freephone: 0800 32842*
*Website: www.colostomyassociation.org.uk*

**Bowel Cancer UK**

*7 Rickett St. London SW6 1RU*
*Telephone: 0207 381 9711*
*Fax: 0207 381 5752*
*Website: www.bowelcanceruk.org.uk*

**The Stoma Care Nurse**
Offering support and information for patients and carers of patients in hospital and at home.

*The Royal Sussex County Hospital*
*Telephone: 01273 696955 Ext. 4215*
*Helpline: 9am - 10am weekdays*
*The Princess Royal Hospital*
*Telephone: 01444 441881 Ext. 8318*
*Monday, Wednesday and Friday*

**NHS Direct**
24 hour advice  
*Telephone: 0845 4647*
*Website: www.nhsdirect.nhs.uk*

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**Macmillan Colorectal Nurse Specialists**

*The Royal Sussex County Hospital, Eastern Road, Brighton BN2 5BE*  
*Tel no: 01273 696955 Ext.4349*
*Helpline 9.00am - 10.00am weekdays*

*Princess Royal Hospital*
*Lewes Road, Haywards Heath, RH16 4EX*  
*Tel no: 01444 441881 Ext.5694*  
*Monday, Wednesday and Friday*

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If you do not understand this leaflet, we can arrange for an interpreter.

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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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