

What do I do if I feel unwell?

For up to six weeks after finishing your treatment if you feel unwell please use your **red card** and ring: **01273 696955 Ext.64799** Monday to Friday 9am to 5pm or **Ext.64051/64738** night time and weekends.

Keep your **HEAT** card with you. After six weeks your body's immune system should have returned to normal and any signs of infection can be treated by your G.P. If needed, call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time.

The path to wellbeing is continuous, it didn't start now and it has not finished with the chemotherapy treatment.

Take a moment to reevaluate your needs and how you can fulfill them.

For follow up clinical appointments
Sussex Cancer Centre,
Out-Patients Reception **01273 664968**

For specific advice on:

Exercise, Diet,
Emotional support,
Financial support,
Complementary therapies:

Clinical Nurse Specialist
(Macmillan Nurse) Contact:

The Macmillan Horizon Centre



(Opposite the Sussex Cancer Centre)
horizoncentre@macmillan.org.uk
01273 468770
GP SURGERY:

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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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What happens now? Life after chemotherapy



Finally, your chemotherapy is completed!

For the past several weeks/months you have had a tight schedule of clinical appointments, blood tests, and treatment days. Many people experience a feeling of accomplishment when they finish chemotherapy treatment followed by the unsettling feeling of: what happens now?

You will not be left alone: your Oncology team will continue to support you.

Always Tired?

Try to sleep by going to bed and getting up about the same time every day. Unwind before bedtime by avoiding using glaring screens, take a relaxing bath/shower or listen to music. Create time in your day to **Rest**. Plan ahead and pace yourself so you can **save energy**. Why not **ask for support**? Your family and friends may be able and willing to help you with food shopping, house chores, the schools run. Speak to your GP for more advice.

How are you Feeling?

Dealing with cancer is challenging. **Talking** to a close friend or keeping a diary can help but sometimes it can be useful to link into emotional support that focuses on

specific needs. The Horizon Centre offers links into Counseling, Coaching and Mindfulness Meditation which may be helpful (see back of leaflet for contact details).

Keep moving...

Exercise can balance your energy levels and help you feel less tired as well as improving your emotions and general wellbeing. Start with **gentle walking** and under the guidance of your GP and /or community physiotherapist gradually increase the intensity. Why not look in to www.brighteroutlook.org.uk for personalized physical activity. The Horizon Centre also offers links into getting active and exercise.

Mouth care

A month after chemotherapy completing chemotherapy resume your **regular visits to the dentist** and your preferred toothbrush and mouth wash.

Intimacy and Sexuality

Sex is an important part of life and at times not sufficiently discussed. It is important you do not try to conceive without discussing it with your Clinical Nurse Specialist (CNS) and/or your Consultant (see contacts). It will be important to discuss with them what contraception you should use and for how long.

Eat well

After a few weeks your taste buds will return to normal and after a month you can go back to eating unpasteurized foods (for example, blue cheese).

Keep well hydrated. Drink 6-8 glasses of water a day. Eat a balanced diet. You can develop your skills with the Macmillan Horizon Centre cooking workshops or discuss specific concerns with your CNS who can direct you to the Dietician or your GP.

Look good, feel better!

Once chemotherapy has finished your **hair** will start to **re-grow**. It can grow back a slightly different colour and texture. Try not to colour your hair for about **six months** but if you do choose to colour your hair, avoid using dyes with peroxide or ammonia. Ask your hairdresser to use henna dye or vegetable based dye. Your nails may have some level of discoloration or thickening but this will slowly improve. For dry skin, keep applying unscented moisturizers. Avoid mid-day sun and protect yourself with high factor sun cream.