

# Discharge from routine follow up

## Gynaecology Oncology Patient Information Leaflet

### Introduction

We are pleased to tell you that you no longer need to visit the gynaecology oncology clinic for routine checks.

### What happens now?

We will not send you any further appointments. However, if you have any unusual symptoms or worries, please either contact us or your GP for advice. If you need to see us again, we can make an appointment for you.

## When do I need to ask for advice?

Symptoms that you should ask for advice on are:

- Unusual vaginal discharge
- Unexpected vaginal bleeding
- Bleeding after sex
- Unusual discomfort in your tummy area that carries on for two weeks or more
- Swelling of your tummy that carries on for two weeks or more

Having these symptoms does not always mean there is a problem. However, we always advise you to get a check up with a doctor or nurse.

## What support is there for me now?

Cancer and cancer treatments may have presented you with changes and challenges in your life. The support services that follow offer ongoing support that may help you if you have any worries, both practical and emotional.

### Gynae Cancer Support Group

Meets on the fourth Wednesday of the month at 2pm at Cancer Support, The White House, 10 Ednam Road, Dudley.

### White House Cancer Support

Provides practical help, emotional support and information for people with cancer and those who care for them.

01384 231232

<http://www.support4cancer.org.uk/>

### Macmillan Cancer Support

Offers information by phone and on the website for patients and their families about life after cancer and cancer treatments.

Cancer support specialists are available Monday to Friday, 9am to 8pm. Calls are free from all UK landlines and mobiles.

0808 808 00 00

<http://www.macmillan.org.uk/>

You can send emails to them from their website.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Sarah Homer, Macmillan Gynae Oncology Clinical Nurse Specialist (CNS) at Russells Hall Hospital on:

01384 244355 (9am to 5pm, Monday to Friday).

Please note that if the CNS is with other patients she may not answer the phone in which case it is best to leave a message on the answer machine.

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/oncology/>

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510**

ਜੇਕਰ ਇਹ ਲੀਫਲੈਟ (ਛੋਟਾ ਇਸਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਛਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशन्ट इनफ़रमेशन को-आरडीनेटर को टैलीफ़ोन नम्बर **0800 0730510** पर फ़ोन करें।

ਜੇ ਤੁਸੀਂ ਆਪਣੀ ਪਹਿਲੀ ਜਾਂ ਦੂਜੀ ਭਾਸ਼ਾ (ਗੁਜਰਾਤੀ) ਵਿੱਚ ਜਾਣਨਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਛਪਾ ਕਰਨ ਵਾਲੇ ਪੇਸ਼ਨਟ ਇੰਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পোতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الورقة مترجمة بلغتك الأصلية ( اللغة العربية ) ، فرجاءاً اتصل بمختص المعلومات للمريض  
**0800 0730510** على التلقون **Information Co-ordinator**

حیث ضرورت اسلیفٹ کو اپنی زبان (اردو) میں حاصل کرنے کے لیے رومبرائی ٹیلیفون نمبر **0800 0730510** پر کال کریں۔ اور دیگر (مریضوں کے لیے معلومات کی فراہمی کے لیے) میں (نصر) کے ساتھ رابطہ کریں۔