

Patient information

Patient initiated follow up (PIFU) care for gynaecological cancer

This information sheet is designed to help if you need to contact your gynaecology cancer nurse specialist for advice.

As part of your cancer care, you have been referred into the patient-initiated follow-up programme, sometimes referred to as PIFU. Instead of having regular follow-up clinic appointments, you will be able to contact us when or if you need to discuss any worries or concerns you may have.

When should I call?

You should telephone us if:

- You have any symptoms that you are worried about, causing you to think your cancer may have returned
- You have any ongoing problems or side effects after your treatment; or
- You need emotional support or have any worries or concerns

What symptoms should I call for advice about?

If you have any of the following symptoms for no apparent reason that last for longer than a few days:

- Bleeding from your vagina
- Vaginal discharge
- Bleeding from your rectum (back passage)
- Bleeding after sexual intercourse
- Pelvic pain

- Problems with passing urine
- Diarrhoea or constipation (problems opening your bowels)
- Abdominal (stomach) bloating that does not go away
- Swollen legs or pain in the back of your legs
- Weight loss, not associated with dieting or increased exercise
- Feeling generally unwell
- Persistent dry cough

These are some of the common symptoms people experience if their cancer has returned. However, it is important to remember not everyone will experience these symptoms, and even if you do, it does not necessarily mean your cancer has returned.

Feeling more emotional than usual, is this normal?

Yes. It is normal to feel emotional for a while after treatment has ended, and recovery can take time. You can call your cancer nurse specialist to discuss anything that is worrying you, such as

- low mood
- depression
- feelings of isolation
- sexual concerns
- money worries or
- problems related to your diagnosis or treatment, such as lymphoedema (swelling of your legs)

When should I contact my GP?

It is important to remember that you will still get coughs and colds like everyone else. You can still see your GP for any concerns. If they are concerned, they can contact your cancer nurse specialist and arrange for you to be seen by a member of the hospital team.

What happens when I contact my nurse specialist?

When you contact your cancer nurse specialist, they will discuss your concerns with

you and recommend one of the following:

- A clinic appointment to see us at the hospital
- For you to make an appointment with your GP
- Reassure you that no further action is needed

We want you to feel supported on PIFU and will contact you before you are discharged from our service to your GP and remind you of the signs and symptoms to look out for. If you have any questions, please ask a member of the team.

Contact details

Please call your Cancer Nurse Specialist June Roebuck or Lisa Patterson on 01284 713154 Monday to Friday 9.00am to 5.00pm. If the phone is not manned, please leave a message clearly stating your name and hospital number and someone will get back to you the next working day.

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nhs.uk. This will in no way affect the care or treatment you receive.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk>



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