

What is Patient Initiated Follow Up?

Evidence suggests that routine follow up appointments does not help prevent cancer returning. Patient Initiated Follow Up is where you can arrange an appointment as and when you need it, for instance if you have certain symptoms or if your circumstances change. This can help avoid unnecessary appointments, saving you time, money, and may cause less stress and anxiety.

This leaflet gives you information about how to get support and advice when you need it.

What should I look out for?

There are symptoms and signs that you need to look out for. These are listed below with instructions on who to contact for help and advice. If you develop any of these symptoms or have any concerns, the team will assess these and can arrange an appointment with a doctor or Clinical Nurse Specialist (CNS) or may advise you to get advice from your GP.

If you have had cancer of the uterus (womb) or cervical cancer:

- Vaginal bleeding (spotting or heavy, red or pink or brown in colour). Please Contact the Single point of contact (SPOC) team or your local Clinical Nurse Specialist.
- Bleeding after sex – please Contact the Single point of contact (SPOC) team or your local Clinical Nurse Specialist.

If you experience any of the problems below for **more than two weeks**, then please contact your GP or the Single point of contact (SPOC) team or your local Clinical Nurse Specialist.

- Leg swelling (lymphoedma)
- Unusual vaginal discharge
- Abdominal pain and or bloating
- Pelvic or back pain
- Unexplained weight loss
- Leak of urine or faeces
- Shortness of breath or persistent cough

If you have had treatment for a low grade and early stage ovarian cancer or borderline ovarian tumour.

If you experience any of the problems below for **more than two weeks**, then please contact your GP or the Single point of contact (SPOC) team or your local Clinical Nurse Specialist.

- Leg swelling (lymphoedma)
- Abdominal pain and or bloating
- Pelvic or back pain
- Unexplained weight loss or gain
- Loss of appetite
- Unexpected feeling of tiredness

- Changes in bowel habit
- Changes in bladder function
- Shortness of breath
- Tummy swelling

Please remember that there can be other health reasons not related to your previous cancer which could cause some of these symptoms.

Your feelings

Every patient will feel different when they no longer have regular follow ups with medical teams. Some people feel relieved to get back to normal and others feel anxious. If you feel that you need support to manage how you feel, then you can access this at Maggie's or via the Single point of contact team.

Who do you contact?

- Single point of contact team ☎ 0141 201 3473 or ☎ 0141 242 9479 or ✉ ggc.spocteam@ggc.scot.nhs.uk
- Or your local Clinical Nurse Specialist.
- Or your own GP

If you need urgent support, then please call NHS 24 on ☎ 111.

Support Organisations:

Maggie's Glasgow ☎ 0141 357 2269

🌐 <https://www.maggies.org/our-centres/>

The Eve Appeal

🌐 <https://eveappeal.org.uk>

Macmillan Cancer Support

🌐 <https://www.macmillan.org.uk>

Target Ovarian Cancer

🌐 <https://targetovariancancer.org.uk>

Ovacom

🌐 www.ovacome.org.uk

Ovarian Cancer Action

🌐 <https://ovarian.org.uk>

GO Girls

🌐 www.gogirlssupport.org

Peaches Womb Cancer Trust

🌐 <https://peachestrust.org>