



**Royal Berkshire**  
NHS Foundation Trust

Name \_\_\_\_\_

Hospital no. \_\_\_\_\_

NHS no. \_\_\_\_\_

Dukes \_\_\_\_\_ Consultant \_\_\_\_\_

Operation you had \_\_\_\_\_ Date \_\_\_\_\_

# Your bowel cancer follow-up appointment with the Colorectal cancer specialist nurses

## Information for patients

---

This booklet aims to help you understand the Bowel Cancer Nurse-led Surveillance Clinic.

Now your cancer has been treated you have been referred to this clinic for ongoing cancer follow-up appointments. These aim to help you manage any long-term symptoms, discuss problems and help identify any cancer recurrence early.

---

### What will happen at the appointments?

Your surveillance schedule will consist of CT scans and blood tests:

- If your cancer was a Dukes A, B or C (the nurse will explain this to you) you will require CT scans and blood tests for 5 years following your treatment, after which, if everything is fine, you will then be discharged. The CT scans will take place at 6 months, 18 months, 30 months and 40 months following your surgery.

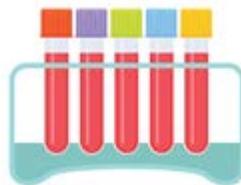
Colonoscopies will also be part of your ongoing surveillance. We can discuss this during your clinic appointment.

### Why we do blood tests

We are checking for CEA:

Carcinoembryonic antigen (tumour marker for bowel cancer). The normal range for this is between  $<1$  to 5. If this value is raised, this may indicate recurrence of disease.

This value can also be raised due to other factors, so it is important that we get a full picture and get a comprehensive blood check, which will include kidney/liver function and haemoglobin levels, plus CT scans of your chest, abdomen and pelvis.



## What to do before your appointment

If you are due a CT scan and blood tests, please check if you have all the forms needed. Before your CT scan appointment you will be contacted by the X-ray Department (Radiology).

**Please have your blood test at least one week before the CT scan,** either at the hospital or your GP surgery. **Please use the form that we give you as it has all four necessary tests on it.** If Radiology also want a blood test please take both forms when having the blood test. If you are not due a CT scan, please have your blood tests done at least one week before your appointment.

## During your appointment

You don't need to bring anything to your appointment.

The appointment will take around 20 minutes and the clinical specialist nurse will go through your results and discuss any problems or issues that may have occurred since the last time we spoke.

## What happens after the appointment?

After the appointment you will be sent home with a blood test form to have done before your next appointment and you will receive an appointment date for six months' time. You will be offered the option of a telephone consultation, if this is more convenient for you, or a face-to-face appointment, at either the Royal Berkshire Hospital or in West Berkshire Community Hospital in Thatcham.

**Unfortunately we are not able to give you CT scan or blood tests results before your appointment.**

Please note that all concerns will be discussed in your next appointment, either via telephone clinic or via a face-to-face clinic. You can also always contact us on the number overleaf for any urgent issues. If you have communication difficulties which make using the telephone difficult we can see you face-to-face.

**If you have not received a CT scan date, blood form or appointment with the nursing team, please contact: 0118 322 7182.**

### **My appointments**

	<b>Bloods</b>	<b>CT scan</b>	<b>Appointment</b>
<b>6 months</b>			
<b>1 year</b>			
<b>1½ years</b>			
<b>2 years</b>			
<b>2½ years</b>			
<b>3 years</b>			
<b>3½ years</b>			
<b>4 years</b>			
<b>5 years</b>			

For more information about the Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

Colorectal CNS Team: Vanessa Newland, Claire Hawkins, Nicky Dann and Lisa Moyles, November 2018

Review due: November 2020