

# Follow up with your GP after treatment for bowel cancer

Information for patients,  
relatives and carers

---

You have been given this leaflet to make you aware of where and when to seek advice and support after your treatment for bowel cancer.

---

## **Why have you asked my GP to continue my bowel cancer treatment follow up?**

The colorectal cancer multidisciplinary team (MDT) have reviewed your scans and pathology results after your treatment for bowel cancer and at present do not feel that you require any ongoing hospital care or treatment. However, we are aware that sometimes advice from the specialist hospital team is required after treatment for bowel cancer and your GP is best placed to access this advice.

## **What routine follow up tests will I need?**

You will not need any routine tests but if you experience any symptoms which require these, your GP can order the relevant test.

## **Holistic Needs Assessment**

You were given a Holistic Needs Assessment (HNA) after your initial treatment. The nursing team will make an appointment to discuss this with you at three months after your treatment and should be able to advise and signpost you to appropriate services. These are not compulsory but if you have not been given an HNA or would like to complete one at any time, please contact your nursing team.

## **Will I still be able to contact the colorectal cancer nursing team if I have symptoms or concerns?**

Yes. You can call the team on the number below. Messages will be triaged and we will aim to get back to you by the next working day or sooner if clinically urgent.

**0118 322 7182**

The team may suggest further investigations depending on your symptoms or may advise assessment by your GP or other professional if appropriate.

## **What symptoms should I look out for?**

If you experience any of the following symptoms please call our hotline.

- A change in bowel habit lasting more than 2 weeks.
- Blood in or on the stool.
- Mucous on or mixed with the stool.
- Abdominal pain, discomfort, excessive wind and bloating.
- Unexplained weight loss.
- Unexplained loss of appetite.
- Unexplained fatigue or tiredness.
- If you have a stoma and are experiencing any of the above symptoms or have concerns about stoma care.
- If you have had rectal surgery or a stoma reversal and need support to regain bowel control.

## Further information

Visit our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

[www.macmillan.org.uk/cancer-information-and-support/after-treatment](http://www.macmillan.org.uk/cancer-information-and-support/after-treatment)

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Berkshire Cancer Centre

Reviewed: January 2024

Next review due: January 2026