



Information for
patients and
carers

Colorectal Supported Self- Management

Introducing Supported Self-Management

In the past, it has been traditional for patients who have completed their treatment for bowel cancer to have regular follow-up appointments with their surgeon, Clinical Nurse Specialist or oncologist.

Although some patients find these appointments useful and reassuring, many find them a source of anxiety that can slow down the process of moving on after their treatment.

Follow-up is a necessary precaution, as a small number of people can relapse. It is a way to pick up problems early and act quickly enough to be able to treat them.

We will continue to keep a close eye on you by reviewing your blood results, colonoscopies (camera tests) and scans every time they are done. If you have any symptoms or concerns you can telephone the helpline. If necessary, you will be seen urgently by the team at the earliest appointment. You will be provided with a leaflet of frequently asked questions to help you through your journey.

What is supported self-management?

Supported self-management puts you in control of your care. Instead of your routine follow-up clinic appointments, you will be able to contact the Clinical Nurse Specialists directly to arrange an appointment if you feel that you need to be seen.

Contact Details

If you have any queries, please contact the colorectal team on 01772 522371- Monday to Friday (8am-6pm)

You may reach an answer phone, but please leave a message and your call will be returned as soon as possible, however please be aware this may not be the same day.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

There are many organisations that provide information, support and advice. These include:

Macmillan Cancer Support www.macmillan.org.uk

Beating Bowel Cancer www.beatingbowelcancer.org.uk

Ileostomy Association www.iasupport.ork.uk

Colostomy Association www.colostomyuk.org.uk

Cancer Help Preston Vine House 22 Cromwell Road Preston PR2 6YB
01772 793344 www.cancerhelppreston.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપાકરીને પૂછો. આ માહિતી મોટા છપાણ માં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi."

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو ییچھپا یں ییہ ابیلست ہو یسکت ہے برا ئے مہر یان پو ے یچھدی۔ معلومات

Arabic:

مطوبه با حر ف كيبير ة و بلغات إذا كنت تر يد مسا عده في فهم هذه لمعلومات يُر جى أن نطلب أخرى يمكن تو فيير هذه المعلومات

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Division: Surgery
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