

## Contact information

### Chelsea and Westminster Hospital

369 Fulham Road  
London SW10 9NH  
T: 020 3315 8000

#### Endometrial Cancer PIFU Contacts:

CNS Phone number: 07500 559 068  
Monday to Thursday 2pm to 5pm  
Or

LEAVE A MESSAGE anytime, please state your:

- Full name
- Date of birth
- Contact Telephone Number
- a brief message with your concerns
- Hospital Number (MRN) - if you have it.  
This MRN (medical records number) is on all your hospital letters
- Please speak clearly and slowly when leaving recorded messages

Or

you can email the CNS on:  
[cw.gynaenccns@nhs.net](mailto:cw.gynaenccns@nhs.net)

Please note your telephone or email messages will be answered within 48 hours (excluding weekends)

\* Please note: If you are feeling very unwell, please contact NHS 111, your nearest Urgent Care Centre or A&E

For Further information:

Speak to your clinician

<https://www.nhs.uk/conditions/womb-cancer/causes/>

#### Patient Advice & Liaison Service (PALS)

If you have concerns or wish to give feedback about services, your care or treatment, you can contact the PALS office on the Ground Floor of the hospital just behind the main reception.

Alternatively, you can send us your comments or suggestions on one of our comment cards, available at the PALS office, or on a feedback form on our websites at: [www.chelwest.nhs.uk/pals](http://www.chelwest.nhs.uk/pals) . Further contact details are below.

Chelsea and Westminster Hospital  
[chelwest.cwpals@nhs.net](mailto:chelwest.cwpals@nhs.net)

West Middlesex University Hospital  
[chelwest.wmpals@nhs.net](mailto:chelwest.wmpals@nhs.net)

We value your opinion and invite you to provide us with feedback.

T: 020 3315 6727

Email: [www.chelwest.nhs.uk/pals](http://www.chelwest.nhs.uk/pals)

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Speak to your clinician



Chelsea and Westminster Hospital **NHS**  
NHS Foundation Trust

## Endometrial Cancer PIFU (Patient Initiated Follow Up)

### Patient Information Leaflet

Please note that this is just for your gynaecological diagnosis. If you are under the care of the hospital for other conditions you will continue to attend the appointments that they have made for you.

**PLEASE KEEP THIS INFORMATION SAFE**  
**YOU MAY NEED TO REFER TO IT**  
**IN THE FUTURE**



## What is Patient Initiated Follow up?

Our new Patient Initiated Follow-Up service, known as PIFU, allows **YOU** to manage your own follow-up appointments. You will be able to book an appointment when you need it rather than when we say, for example, if your symptoms worsen, flare-up or change.

This means that you can request for a scheduled date/time to discuss your concerns when you need it.

Your clinician will only recommend this plan if it is safe for you to manage your own follow-up. They will discuss it with you and explain how it works, you do have the opportunity to opt out of PIFU if you wish.

## How will it work?

After you have had your initial surgery, you will be seen in clinic for your post-operative review by the Consultant. At this appointment, you will spend some time with the Gynae-Oncology Clinical Specialist Nurse and complete a Holistic Needs Assessment (HNA) to develop a care plan with your team. The assessment is called holistic because you can talk about any area of your life and how cancer affects it.

The HNA makes sure your physical, practical, emotional, or social needs are met, and you have all the support you need.

Once you are put onto Patient Initiated Follow Up you will be able to contact the clinical nurse specialist (CNS) Monday to Thursday afternoons on the telephone. Or leave a phone or email message anytime (we aim to respond to messages within 48 hours).

You can call the CNS with any worries or questions you have, including the following:

- **any symptoms that worry you or make you think your cancer may have returned**
- **ongoing problems or side effects of your treatment**
- **emotional support**
- **any worries or concerns**

Once every year, for 5 years, the CNS will contact you for a planned 'catch-up' call.

## Symptoms to look out for

If you have any symptoms that worry you or last longer than a few days, please contact the CNS team to talk about this. Having these symptoms does not mean your cancer has returned.

### You can contact us if you experience:

- **bleeding from your vagina**
- **vaginal discharge that smells or is bloodstained**
- **bleeding after penetrative sex**
- **feeling generally unwell if accompanied by bleeding from your vagina**
- **Any of the following list of symptoms, if accompanied by bleeding from your vagina:**
  - **pain or bloating in your tummy**
  - **pain in your pelvis**
  - **bleeding from your bottom**
  - **unexplained weight loss**
  - **reduced appetite or feeling sick (nauseous)**
  - **changes in how much you poo or pee**
  - **swollen legs (lymphoedema)**

After treatment, living with and beyond cancer can make you feel many different emotions. It is important to understand that recovery can take time.

### You can also call the CNS to talk about anything that's worrying you, including:

- **low mood or feeling depressed**
- **feeling isolated**
- **concerns about sex**

- **money worries**
- **problems related to your diagnosis or treatment**

If the CNS thinks that you need to come to clinic to be examined, you will be booked in within 2 weeks. You may be asked to have a blood test or scan before the clinic appointment which the CNS will organise.

## CNS CONTACT DETAILS

**Phone number: 07500 559 068**

**Hours: Monday to Thursday 2pm to 5pm**

**Or you can leave a message anytime stating your:**

- Full name
- Date of birth
- Contact Telephone Number
- a brief message with your concerns
- Hospital Number (MRN) - if you have it. This MRN (medical records number) is on all your hospital letters
- **Please speak clearly and slowly when leaving recorded messages**

**Alternatively, you can email your CNS on:**

[cw.gynaeonccns@nhs.net](mailto:cw.gynaeonccns@nhs.net)

Your message will be answered within 48 hours  
**(excluding weekends)**

You might still develop other health conditions that are not related to your cancer. You should continue to see a GP for any concerns. If needed, your GP can contact the CNS team for advice.

Once we discharge you from PIFU (5 years after your treatment finishes) you will return to the care of your GP. If you have any concerning symptoms that might be related to cancer they will do a new referral to your local hospital.

