### My diagnosis: where was the cancer and what stage was it?

The ascending colon is the beginning of the large bowel. It helps to remove water and food (nutrients) from bowel movements.

**What stage was the cancer?**
- *Stage:* insert number
- *The cancer was* insert size in cms
- *X/X lymph nodes removed had cancer*
- *There was no spread to other parts of your body.*

### My treatment

**Lay description**

#### What is shared care and how many check-ups will I need?

Your cancer doctors (Surgeon and/or Oncologist) and GP share your check-ups after your treatment. After you finish treatment, you will have regular check-ups:

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 monthly check ups</td>
<td>3 monthly check ups</td>
<td>4 monthly check ups</td>
</tr>
<tr>
<td>Year 4</td>
<td>Year 5</td>
<td>After Year 5</td>
</tr>
<tr>
<td>6 monthly check ups</td>
<td>6 monthly check ups</td>
<td>As directed by your doctor</td>
</tr>
</tbody>
</table>

#### Why do I need to have these check-ups?

Guidelines strongly recommend regular check-ups to:
- Check for cancer return or new cancers
- Help if you have ongoing side effects/concerns or are at risk of other health problems.

#### What can I expect at check-ups?

- Your doctors will give you a blood test slip (CEA blood test to detect bowel cancer) for your next appointment. **Please have your blood test one week before appointments.**
- Both your GP and cancer doctors will: ask you about symptoms or worries, check your blood test results and examine you.
- You will have a colonoscopy at 1 year and 3-5 years, and then every 3 or 5 years.
- Your cancer doctor or GP can organise colonoscopies and scans (if needed).

#### Who will organise my check-ups?

- Your hospital/clinic will arrange check-ups with cancer doctors and send you letters.
- Your GP will be asked to send you reminders to make appointments.
- **You will need to make an appointment to see your GP for each GP check-up.**

#### What if I notice new problems between check-ups?

See your GP between check-ups if you notice:
- Blood in your bowel motions
- Unplanned weight loss
- Pain or discomfort with no known cause
- You are unable to use your bowels.

These problems may not be related to cancer, but need to be checked out.

#### If you have concerns about your check-ups or if you change your GP practice,

**Contact Yvette Vonier, Bowel Cancer Shared Care Coordinator Ph: 0435 960 004**