

# Remote monitoring after treatment for borderline ovarian cancer

Women's and children's division

Produced: Sept 2024 Review: Sept 2027

Information for Patients

Leaflet number: 2026 Version: 1

## What is remote monitoring?

This leaflet will tell you more about the Remote Monitoring Scheme (RMS). Your treatment has now been completed and you will have long-term follow-up. We will offer support and advice to help you keep healthy. The information in this leaflet will help you to decide when (or if) you need to contact your nurse specialist. This is an alternative to hospital follow up visits. This is called remote monitoring.

## What are the benefits of the RMS?

Routine hospital visits can often cause anxiety and stress for those who are well after treatment has finished. It has been found that remote monitoring will allow you to move forward after your treatment and you are less likely to worry about results and hospital visits. It allows you to take control and are able to quickly contact the team if you need to. If you do have an appointment with the nurse specialist you can discuss any problems with regard to your health and wellbeing and a personalised care plan will be put together.

## Symptoms that you should get advice about

After you have completed your treatment you may feel more aware of any aches or pains and worry about this. Below are a list of symptoms, if you have any for no reason we would ask you to contact your nurse specialist for more advice. This does not mean that there is something wrong, they could be caused by any other common illnesses.

- Vaginal bleeding
- Vaginal discharge that does not go away
- New tummy pain, bloating or discomfort which lasts for two weeks or more
- New leg swelling in one or both legs

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

- Reduced appetite, feeling full after only eating a small amount
- Change in bowel or bladder habit which lasts for two weeks or more
- New breathlessness that does not go away
- New back pain which lasts longer or gets worse over two weeks or more

## Monitoring tests

Blood tests are not needed after treatment for a borderline ovarian cancer. If only one or both of your ovaries have **not** been removed then we will send you an appointment to you to have an ultrasound scan. If the scan does show anything of concern then the nurse specialist will contact you usually by phone. They will talk to you about what will happen next, this may mean having another scan, CT or MRI or it may be a hospital clinic appointment.

## Feelings and emotions

When your treatment has finished you may feel anxious about not seeing your doctor or nurse specialist regularly. You may also feel relieved that you can start to get your life “back to normal”. You may have fear about your cancer coming back. All these feelings are normal and usually get less over time. It is normal to feel low from time to time. If you find that these feelings are getting in the way of you getting on with your life you should ask for help. You can then contact your specialist nurse.

## Our commitment to you

If the nurse specialist feels that you should be seen in one of our clinics because of any symptoms you may have, we will make sure that you are offered an appointment within 14 days of calling us. If they feel that you do not need to come to clinic they will tell you to contact your GP as your symptoms may not be due to your previous treatment for borderline ovarian cancer or reassure you that nothing else needs to happen.

## After your treatment has finished

Once treatment has finished it is normal that you would want to know how to stay healthy. You may have questions about your diet, exercise, and general wellbeing which your nurse specialist will be happy to talk to you about. They can also offer advice on:

- Menopausal symptoms
- Your body image and sexuality
- Self help courses after completion of your treatment
- Financial support
- Counselling



## Contact details

Macmillan Gynaecology Oncology CNS  
Telephone: 0116 258 4840

We would prefer you contact the nurse specialist rather than sit and worry about it at home. This service is **not** for patients who are very unwell. If you suddenly feel unwell please seek urgent medical advice through your GP, or 111/999.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)