



**York Teaching Hospital**  
NHS Foundation Trust

# Information for patients with Early Stage (1a) Endometrial Cancer

Information for patients, relatives and carers

## **Women's Unit**

① For more information, please contact:

The Gynaecology Cancer Nurse Specialists

Telephone: 01904 726478

The York Hospital, Wigginton Road, York, YO31 8HE

<b>Contents</b>	<b>Page</b>
What about follow up? .....	3
What are the signs or symptoms to look out for? .....	4
What should I do if I experience any of these symptoms? .....	5
Tell us what you think of this leaflet .....	6
Teaching, training, and research.....	6
Patient Advice and Liaison Service (PALS).....	6
Leaflets in alternative languages or formats .....	8

---

The results from your hysterectomy have confirmed that you have had a very early stage cancer of the womb lining (endometrium). Examination in the laboratory has confirmed that the cancer involved only the lining of the womb, with **no spread** into the deeper muscle of the womb or to the other specimens that were removed at the time of surgery.

**You do not require any further treatment and it is unlikely that the cancer will return.**

## What about follow up?

Some patients get anxious about follow up appointments and there is very little scientific evidence to suggest that regular follow up appointments are beneficial or necessary in very early stage cancers. Some research has observed that if endometrial cancer comes back (also known as recurrence), many patients will notice symptoms first, rather than it being picked up at follow-up appointments. In addition, patients on regular follow up might sometimes delay reporting their symptoms until their next planned clinic visit.

Approximately three to four weeks after your surgery, you will visit the clinic for a check-up and to discuss the results from your hysterectomy. Following this, an appointment in the “End of Treatment Clinic” will be made where you will see one of the Gynaecology Cancer Nurse Specialists.

After this visit you will be discharged from the clinic and begin “Patient Initiated Follow-up”, in which you do not attend for regular hospital appointments. You can be referred urgently by the Gynaecology Cancer Nurse Specialist for hospital review at any time in the future if there are concerning symptoms or signs related to your cancer. This ensures that you have hospital appointments only when you need them.

## What are the signs or symptoms to look out for?

You should look out for:

- Vaginal bleeding or spotting
- Unusual vaginal discharge
- Significant unintended weight loss or loss of appetite
- Persistent pelvic pain
- Difficulty or painful urination
- Altered bowel habit or nausea
- Abdominal bloating
- Swelling of the legs
- Persistent dry cough or breathlessness

If you experience these symptoms and they persist over a period of time (especially if they are new or worsening) it could be associated with recurrent cancer of the womb and should be investigated further. Please note, however, that commonly these symptoms are related to less serious conditions.

## **What should I do if I experience any of these symptoms?**

If you experience any of the listed symptoms your first port of contact should be the Gynaecology Clinical Nurse Specialists by telephone (01904 726478) who will be able to advise you and arrange further assessment as required.

If there is cause for concern, an urgent “fast-track” specialist review in the gynaecology clinic will be arranged and an appointment sent to you as soon as possible.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:  
Mr C Brewer, Consultant Gynaecologist and Obstetrician, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725545.

## **Teaching, training, and research**

Our Trust is committed to teaching, training, and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.



## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

Owner	Mr C Brewer, Consultant Gynaecologist and Obstetrician
Date first issued	November 2018
Review Date	December 2023
Version	1 (reissued December 2020)
Approved by	Obstetrics and Gynaecology CGG
Document Reference	PIL 1313 v1.2

© 2020 York Teaching Hospital NHS Foundation Trust. All Rights reserved