



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Lung Cancer Follow-Up Care Stereotactic Ablative Radiotherapy (SABR)

Information for patients after completion of  
treatment for lung cancer (Scarborough  
Hospital)

① For more information, please contact:  
Lung Clinical Nurse Specialist Team in  
Scarborough  
Telephone: 01723 385116

## **What is follow-up care?**

Following the completion of your treatment for lung cancer you will be followed up for five years. This will involve regular scans, which are set out in more detail below. As part of your follow-up, you will be added to our Remote Monitoring System, which helps us keep track of all the regular tests you will require throughout this period.

## **Why is follow-up care important?**

The aim of follow-up care is to monitor your wellbeing and physical health. Follow-up care, even if there is no recurrence of cancer, is important from a wellbeing perspective.

Cancer support services can help with any physical, emotional, or social problems or challenges you may face in the months or years following completion of your treatment.

From a physical health perspective, follow-up care helps to identify any signs that a cancer may be returning. The possibility of this happening can be some time after completion of your treatment, so you will be followed up for five years. If cancer does return, it could be in the same place or another part of your body.

## **Follow-up care plan**

During five years, your follow-up care will include a CT Chest and Abdomen scan every six months in the first and second year, and every 12 months in the third, fourth and fifth year after treatment.

### **CT scan**

A CT scan takes detailed pictures of the inside of your body to help diagnose conditions or check treatment progress. You will lie on a flat bed while the scanner takes images. The radiographer will control the scan from another room but can talk to you throughout.

The CT department will contact you to book your CT scans. We will send you letters with dates for scheduled scans. Occasionally, you may need a blood test before your scan, and a blood test form may be enclosed.

For blood tests, please visit one of your local blood taking services, taking your blood form with you. The attached information explains where you can get your blood test done or you can access the list via this link: <https://www.yorkhospitals.nhs.uk/our-services/a-z-of-services/blood-taking-service-phlebotomy/>

If any abnormalities are identified following your blood test or CT, you will be notified by telephone, or other means as appropriate, and advised of the next steps required.

## **Results**

Once you have had your CT scan, if your scan shows no signs of recurrence of cancer or any new abnormal findings, a letter will be sent to confirm this. If your CT scan does show abnormalities, you will be contacted by phone or other means as appropriate. Please note CT scan results can take up to three weeks to be reported.

## **Monitoring your health**

Sometimes cancer can recur and may not always be immediately identifiable at follow-up. You may be the first to notice something different or unusual between your scheduled follow-up tests.

If you notice any changes in your health, please let one of the lung cancer nurses know. They can then help identify whether these changes are related to a cancer, the treatment you have completed, or something else entirely.

## **Signs and symptoms to look out for**

- A Persistent cough - for more than three weeks
- Unexplained weight loss
- Coughing up blood
- New/persistent chest pain
- Increased breathlessness
- Hoarse voice
- Recurrent chest infections

# **Living With and Beyond Cancer**

It is common to experience difficult or challenging emotions, such as stress, depression or anxiety after cancer treatment. Many people find it helpful to talk about their feelings with others such as family and friends, health professionals, or counsellors. Being part of a support group may also help. However, if you continue to experience depression, anxiety or stress over a prolonged period, please ask your Lung Nurse or GP who may be able to refer you for further help and advice.

There is a dedicated Cancer Wellbeing Service in York and Scarborough that provides a wide range of free information and support to patients, their relatives, friends and carers.

## **Macmillan Cancer Care Centers at:**

York Hospital, Wigginton Road, York, YO31 8HE,  
telephone 01904 721166

Scarborough Hospital, Woodlands Drive, Scarborough,  
YO12 6QL, telephone 01723 342606

# Finally

Please do not hesitate to contact your lung cancer clinical nurse specialist team (lung nurse), if you are worried about anything related to lung cancer or are experiencing any of the signs or symptoms mentioned above. We are here to support you and help to ease any worries or concerns.

Our regular hours are:

Monday - Friday 8am - 4pm

Lung Clinical Nurse Specialist Team in

**Scarborough:** 01723 385116

Email: [yhs-tr.cancersupportandinformation@nhs.net](mailto:yhs-tr.cancersupportandinformation@nhs.net)

Out of hours please contact 111 or in case of an emergency 999.

## **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 the Lung Cancer Clinical Nurse Specialist Team for your area – see contact details on front page.

## **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 [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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