

# What happens now that my treatments for hepatobiliary or pancreatic cancer have finished?

Hepatobiliary and Pancreatic Services

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Information for patients

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## Introduction

This booklet is aimed at helping to support you to face your future now that your cancer treatments have finished. While this can be a time of great relief for you, it may also be a confusing time, both physically and emotionally, as you come to terms with issues that may have been on hold due to your disease.

## From a medical point of view

Your surgeon will still want you to have regular scans, outpatient appointments and blood tests to ensure that you remain disease-free and do not run into any problems from the surgery that you have had.

Your surgeon will usually want you to have a scan every six months for the first two years and then yearly after that until five years have passed since your surgery. However, if you have had a 'Whipples' operation, you will be seen and scanned yearly for ten years to ensure that there are no complications with the surgery.

If at any point, you need to be seen sooner, this can be arranged.

## From an emotional point of view

From your diagnosis of cancer onwards, your emotions will have been tested and this does not necessarily stop when your treatment ends. Feelings of anger, fear, isolation and guilt are common. Your life will have been reshaped by your cancer diagnosis and it is sometimes hard to adjust.

Talking to others will help you to find out how you are feeling. You may find that talking to someone close to you, a trained professional or within a support group setting will help you work through your feelings.

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or call 111 for non-emergency medical advice**

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## From a physical point of view

Your body has been through surgery and probably chemotherapy too, both of which can alter your body and your body image.

You may well have lost weight during your disease and may find that you do not return to the weight you were before. Symptoms of fatigue, nerve damage (peripheral neuropathy) and memory problems may continue, as well as changes in your eating and bowel patterns.

If any of these are causing you problems ask your hospital consultant, GP or Hepatobiliary Specialist Nurse (key worker) for help and advice.

## From a practical point of view

Establishing a normal routine in your home life after continual hospital appointments can be difficult. Deciding if and when to go back to work can be a hard decision to make and talking this through with your hospital doctor or GP may help you to decide the best way forward.

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  
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