

After your endoscopy

What happens next?



Information for patients

Sheffield Teaching Hospitals



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



You have been given this leaflet because the doctor or nurse performing your endoscopy procedure has found a tumour or polyp within your bowel which is of concern. This means that more investigations and tests are required to confirm if this is a cancer and to decide on the best treatment plan for you.

Further investigations may include:

Biopsy

A biopsy has usually been taken during the endoscopy. This involves a small amount of tissue being removed from the area of concern. This is sent to our laboratory and examined under the microscope.

Sometimes a further biopsy is required if there are not enough cells to examine. This is to identify the type of tissue that has been removed and confirm a definite diagnosis.

Blood tests

You may require blood tests to check your general health and to find out whether you need to have further investigations.

Your blood can also be tested for a protein that some bowel cancers release. This is called a CEA blood test.

Scans

Specialised scans are used to build up detailed images of the inside of your body. These are to find out the size and position of the tumour and whether it has spread.

CT scan

This scan gives a 3-dimensional image of the body. Before the scan you may need to drink or have an injection of a special dye. This helps to show up parts of your body more clearly on the scan.

MRI

If the tumour or polyp has been seen in your rectum (the lower part of your bowel), an MRI scan of your pelvis area will usually be arranged. This is a magnetic scan and can be quite noisy. This scan shows the structures in your pelvis more clearly. Some health factors, such as the presence of a pacemaker, mean an MRI is not always possible.

Your test results

After you have had your tests it may take a week or so to get your results. This is because all the results are analysed in a specialist meeting called a multidisciplinary team meeting.

The colorectal multidisciplinary team meeting

This takes place on a Thursday morning. There are a number of health professionals present at this meeting who specialise in bowel cancer. Your case will be discussed and the treatment plan best suited for you will be suggested.

At this meeting you will be allocated to a Consultant Colorectal Surgeon and a Colorectal Nurse Specialist.

Occasionally you may need further tests before your treatment plan is decided.

Getting your results

After the meeting we will contact you, usually by telephone, with a date to see your Consultant Colorectal Surgeon and Colorectal Nurse Specialist in clinic. At this appointment your treatment plan will be discussed with you by your Consultant and Nurse Specialist.

After the consultation your Nurse Specialist will be available to spend time with you. This is an opportunity to discuss any concerns you may have.

Tips for your clinic appointment

- Allow plenty of time to get to the hospital as parking can be difficult at busy times.
- If possible please bring someone with you. They can take notes for you or may remember what is said more clearly. A lot of information will be given to you.
- If you don't understand something which is said then please ask for an explanation.
- It may be useful to have a list of questions you want to ask.
- Please ask your consultant for a copy of the letter that will be sent to your GP explaining your results and treatment plan.
- Be prepared to be at the hospital for a few hours as clinics can be busy.
- Your Nurse Specialist is there to support you. They can go through your treatment plan with you and explain anything you may not have understood.
- Please let us know prior to your appointment if you have any special requirements (for example an interpreter or signer).

Contact details

Waiting for your results can be a difficult time and you may need some support or advice. Please contact any of the following:

Colorectal Specialist Nursing team:

- **0114 2714809**
Monday to Friday, 8.00am to 5.00pm

Beating Bowel Cancer Specialist Nurse Advisors:

- **0845 071 9301**
- Email: nurse@beatingbowelcancer.org
- Or visit their website at www.beatingbowelcancer.org

Sheffield Cancer Support Centre

23 Northumberland Road
Sheffield
S10 2TX

Open Monday to Friday, 9.00am to 5.00pm

- **0114 226 5666**

Notes:



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sheffieldhospitalscharity.org.uk

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