

Information checklist for women with ovarian cancer



This checklist is for you to keep.

It is designed to help you get all the information you need from your medical team. Feel free to take it with you to your appointments.



My Clinical Nurse Specialist

Name:

Phone:

My consultant

Name:

Phone:

24-hour chemotherapy helpline

Phone:

This checklist has been designed to help you find out more about your ovarian cancer. It doesn't cover everything and there may be things on it that you don't want or need to know about. If you want to find out more about any of the items on the checklist or if you have concerns that are not listed please talk to your medical team.

You can order our free guides at:

targetovariancancer.org.uk/guides

or by calling
020 7923 5475



When you see this symbol it means there is a FREE guide available from Target Ovarian Cancer on this topic.

Information about your ovarian cancer diagnosis

I have
this

I would
like this

Specific information from your medical team about your diagnosis including the type of ovarian cancer and the stage and grade.
(You can use the space below to record this information if you wish.)



My diagnosis is...

What happens next? – for women with a recent diagnosis of ovarian cancer



Genetic testing and hereditary ovarian cancer – for women with ovarian cancer and their families



Specific information about genetic testing available to me



Information about your treatment

	I have this	I would like this
Your operation and what to expect from your surgery	<input type="radio"/>	<input type="radio"/>
Your care and wellbeing after surgery and what to expect during recovery (including important symptoms to report)	<input type="radio"/>	<input type="radio"/>
● If you have a stoma: care and further support	<input type="radio"/>	<input type="radio"/>
If you have lymphoedema: care and further support	<input type="radio"/>	<input type="radio"/>
What to expect from chemotherapy	<input type="radio"/>	<input type="radio"/>
Important signs, symptoms and side effects to report while on chemotherapy and what to do if you experience them	<input type="radio"/>	<input type="radio"/>
Hair loss, cold cap and wig services	<input type="radio"/>	<input type="radio"/>
Information about clinical trials	<input type="radio"/>	<input type="radio"/>

Always speak to your medical team if you are having any symptoms or side effects from any of your treatments

Information about living well with ovarian cancer

	I have this	I would like this
● <i>A younger woman's guide to ovarian cancer</i> – for women diagnosed under the age of 45	<input type="radio"/>	<input type="radio"/>
Fertility choices	<input type="radio"/>	<input type="radio"/>
● <i>Back here again</i> – for women with recurrent ovarian cancer	<input type="radio"/>	<input type="radio"/>
● <i>Ovarian cancer and your finances</i> – information on benefits, pensions, insurance and other financial concerns	<input type="radio"/>	<input type="radio"/>
● <i>Ovarian cancer, sex and intimacy</i> – information on your self-image and sex life after an ovarian cancer diagnosis	<input type="radio"/>	<input type="radio"/>
● <i>Ovarian cancer and complementary therapies</i>	<input type="radio"/>	<input type="radio"/>
● <i>My care, my future</i> – for women living with incurable ovarian cancer	<input type="radio"/>	<input type="radio"/>
Mental health and how to cope with difficult feelings	<input type="radio"/>	<input type="radio"/>
Menopause including a referral to an early menopause clinic	<input type="radio"/>	<input type="radio"/>
● Diet, nutrition and physical activity	<input type="radio"/>	<input type="radio"/>
Returning to work or choosing to stop working	<input type="radio"/>	<input type="radio"/>
Talking to your family (including children) about your diagnosis	<input type="radio"/>	<input type="radio"/>

About the extra support available to you

I have this I would like this

Support groups close to you and/or online

Information about how Target Ovarian Cancer can support you

We have listed some contact details below that may be useful:

Find your nearest support group: targetovariancancer.org.uk/support-groups

- Look Good Feel Better: lookgoodfeelbetter.co.uk
- Macmillan Cancer Support: **0808 808 00 00** - macmillan.org.uk
- Mind: **0300 123 3393** - mind.org.uk
- The Samaritans: **116 123** - samaritans.org
- Cancer Research UK: **0808 800 40 40** - cancerresearchuk.org
- For support with lymphoedema: **020 7351 4480** - lymphoedema.org
- For support with sexual issues – sexualadviceassociation.co.uk
- For support with the menopause – hysterectomy-association.org.uk and nhs.uk/conditions/menopause
- For support with bowel and bladder issues – bladderandbowel.org
- For support with stoma care - colostomyuk.org

Use this space to record other useful contact details or issues you want to speak to your medical team about:

You can also contact
Target Ovarian Cancer's
nurse-led Support Line on

020 7923 5475

(Monday – Friday from 9am – 5.30pm)
or

targetovariancancer.org.uk/supportline

The Support Line is not a
substitute for advice from
your own medical team.

