



**University
Hospitals Sussex**
NHS Foundation Trust

Patient-initiated Follow-up (PIFU) after treatment for endometrial cancer

Department of gynaecology

Patient information

What is this information about?

This leaflet explains the Patient-Initiated Follow-Up (PIFU) pathway following treatment for endometrial cancer.

It includes information about:

- What PIFU means
- Symptoms to look out for
- How to access support if you have concerns
- Annual health assessments
- Health and wellbeing support services.

Why have I been given this information?

You have chosen to join the Patient-Initiated Follow-Up (PIFU) programme. PIFU is recommended for patients who:

- Have completed their treatment
- There are no new or unmanaged or unmet negative effects following your cancer treatment, including physical, emotional, practical, financial and spiritual.
- There are no unmanaged side effects of treatment induced menopause including, but not limited to, hot flushes, vaginal or vulval dryness, painful intercourse, recurrent urinary tract infections and increased urinary frequency, insomnia, loss of libido, fatigue – see cancer and menopause for further symptoms.
- All side effects from radiotherapy have been addressed including management with bladder and bowel function, radiotherapy induced vaginal stenosis management and education about vaginal dilators or lymphoedema management.

- Have been informed about the signs and symptoms of cancer recurrence
- Feel confident monitoring their own health
- Know when and how to seek advice if concerns arise.

This means you will no longer receive routine follow-up appointments. However, you will continue to have direct access to the specialist team if you have concerns during the next five years.

What does Patient-initiated follow-up mean?

Instead of attending regular hospital appointments, you will monitor your health and contact the team if you develop any symptoms or concerns.

You can contact the Gynaecology Oncology Clinical Nurse Specialist Team directly, and if necessary, you will be offered rapid access back into the service for assessment.

What symptoms should I look out for?

Please contact the team if you experience any of the following symptoms:

Vaginal symptoms

- Vaginal bleeding
- Unusual vaginal discharge
- Bleeding after sexual intercourse.

Abdominal or pelvic symptoms

- Abdominal bloating lasting longer than two weeks
- New abdominal or pelvic pain lasting longer than two weeks.

General symptoms

- Unexplained weight loss
- Loss of appetite
- Persistent tiredness or feeling unwell.

Bladder or bowel symptoms

- Changes in bowel habits lasting longer than two weeks
- Changes in bladder habits lasting longer than two weeks.

Other symptoms

- New or persistent breathlessness
- Shortness of breath
- New swelling in one or both legs
- New or worsening back pain.

If you are worried about any symptom, even if it is not listed above, please contact the team for advice.

Who should I contact if I have concerns?

Gynaecology Oncology Clinical Nurse Specialist Team, Worthing Team

Holly Molloy, Clinical Nurse Specialist

01903 205111 Ext. 84340

Jo Corin, Associate Clinical Nurse Specialist

Claire Wells, Cancer Support Worker

Ext. 86293

Gynaecology Oncology Clinical Nurse Specialist Team, Brighton Team

Charlie Orman, Clinical Nurse Specialist

01273 696955 Ext. 64455

Caroline Greenfield, Clinical Nurse Specialist

Lucy Armstead, Associate Clinical Nurse Specialist

Kirsty Irlam, Cancer Support Worker

Gynaecology Oncology Clinical Nurse Specialist Team, St Richards Team

Emma Wyman, Clinical Nurse Specialist

01243 788122 Ext. 32921

Kathryn Darkes, Clinical Nurse Specialist

Paula Walters, Cancer Support Worker

Ext. 32163

What is the Annual Health Needs Assessment?

As part of the PIFU programme, you will be invited to complete an Annual Health Needs Assessment each year for five years.

This assessment helps identify any physical, emotional, or practical concerns that may arise after treatment.

The questionnaire will be sent to you once a year for completion at home.

Once your completed assessment has been received, a member of the team will review it and contact you if any support or advice is needed.

How can I support my health and wellbeing?

Maintaining a healthy lifestyle may help improve overall wellbeing and reduce the risk of cancer recurrence.

This includes:

- Maintaining a healthy weight
- Eating a balanced diet
- Taking part in regular physical activity where possible
- Avoiding smoking
- Limiting alcohol consumption.

Many people also benefit from emotional support after cancer treatment. It is normal to experience worries, fears, or uncertainty following a cancer diagnosis.

Support is available to help you adjust to life after treatment.

What support services are available?

HOPE Course (Help Overcome Problems Effectively)

Brighton/Worthing/St Richards

A free six-week course designed to support people recovering from cancer.

The course focuses on:

- Building confidence
- Managing stress
- Coping with emotional difficulties
- Sharing experiences and strategies with others.

This course is particularly suitable for people who have completed treatment within the previous six months.

Location: Worthing Hospital

uhsussex.cancerpsychologicaltherapies@nhs.net

01273 664694

Sussex Cancer Fund Active Outlook, Brighton

A free physical activity programme for people affected by cancer.

01273 468774

scfactiveoutlook@macmillan.org.uk

Complimentary Therapy Service, Worthing

Six free sessions are available for adults affected by cancer, including patients and carers.

Therapies may help with:

- Relaxation
- Stress management
- Emotional wellbeing

Location: Amberley Unit, Worthing Hospital

uhsussex.wghcomplementarytherapies@nhs.net

Cancer Coffee Morning, Worthing

A free and informal support group offering the opportunity to meet others affected by cancer.

Location:

East Worthing Community Centre

Paige's Lane, Worthing BN11 2NQ

The Macmillan Horizon Centre, Brighton

A free and informal support group offering the opportunity to meet others affected by cancer.

Café, relaxing spaces, information and signposting to local support services, counselling and emotional wellbeing services, complementary therapies, peer support groups, cancer and menopause support groups, managing fatigue workshops, physical activity programmes (including yoga), virtual support, breathing exercises, hair care, skincare and headwear services, health and wellbeing support, advice on eating well and feeling better, online support sessions, and support for patients, families and carers through monthly programmes.

Location: Brighton

2 Bristol Gate, Brighton, BN2 5BD

Opposite the cancer center at the Royal Sussex County Hospital

01273 468770

Monday to Friday 9.00am to 4.30pm

horizoncentre@macmillan.org.uk

Cancer Wise, Chichester (St Richards)

Counselling, Therapies, Support Groups.

9-10 Dukes Court, Bognor Road, Chichester, West Sussex, PO19 8FX

01243 778516

Important

Patient-Initiated Follow-Up does not mean you are being discharged from care. You continue to have direct access to specialist support if you develop symptoms or have concerns about your health.

If you are worried about any new symptoms, please contact the Gynaecology Oncology Team promptly for advice.

Support Services: scan the QR codes



Peaches Womb Cancer Trust:
Macmillan Cancer Support



Cancer and Menopause
(website with self-help, advice and workshops)



Cancer Care Map



Surrey and Sussex Cancer Alliance
Personalised stratified patient information leaflet



Horizon Centre

Sources of information:

**Endometrial Cancer Personalised Stratified Follow-Up Pathways –
Surrey and Sussex Cancer Alliance**

https://surreyandsussexcanceralliance.nhs.uk/application/files/8816/8969/2669/Surrey_and_Sussex_Cancer_Alliance_Guidance_for_the_Implementation_of_Endometrial_Cancer_Personalised_Stratified_Follow-Up_Pathways.pdf

**British Gynaecological Cancer Society (BGCS) Uterine Cancer
Guidelines: Recommendations for Practice**

<https://www.sciencedirect.com/science/article/pii/S0301211521009684>

**Today's research is tomorrow's treatments.
That's why UHSx is proud to be a research-active Trust.**

Find out how you can get involved. Visit our website
**[www.uhsussex.nhs.uk/research-and-innovation/
information-for-patients-and-public](http://www.uhsussex.nhs.uk/research-and-innovation/information-for-patients-and-public)**
or scan the QR code



Ref. number: 2753
Publication date: 09/2026

Review date: 09/2029

© University Hospitals Sussex NHS Foundation Trust Disclaimer:
The information in this leaflet is for guidance purposes only and is in no way
intended to replace professional clinical advice by a qualified practitioner.

