

Date: _____

Dear _____:

At this point in your care with the Saskatchewan Cancer Agency, no further follow up will be scheduled at the cancer centre. Your follow-up care will be done by your family physician/nurse practitioner.

You will need regular checkups after treatment of cancer. The required follow-up care is outlined below:

1. You require a checkup every 3 to 6 months for the first three years, then every 6 to 12 months during years 4 and 5, and an annual checkup thereafter.
2. A blood test called CEA (carcinoembryonic antigen) will be done at every checkup. This blood test is required to rule out reoccurrence. If the numbers increase, you will need further tests and a referral back to the cancer centre.
3. You will need a colonoscopy within a year after completing your cancer treatment, followed by regular colonoscopies as per the recommendation of your follow-up care team.
4. A CT scan of the chest, abdomen and pelvis should be performed once a year for 3 years after the end of your cancer treatment.

If you develop any of the following symptoms, please contact your family physician/nurse practitioner immediately.

- Black stools or blood in the stool
- Change in bowel habits
- Unexplained weight loss
- Appearance of jaundice (yellowness of skin or eyes)
- Nausea, vomiting and abdominal pain that does not go away

We encourage you to live a healthy lifestyle, which includes a healthy diet, exercise and avoiding smoking or excessive alcohol consumption.

Guidelines for colorectal cancer follow-up care are available on the Saskatchewan Cancer Agency website: www.saskcancer.ca (in the Health Professionals-Clinical Resources section)

Although you have been discharged from follow-up care at the cancer centre, your family doctor or nurse practitioner can refer you back to the Cancer Agency if you need care in the future.

Please feel free to contact the Psychosocial Oncology Department if you need assistance with supportive care services or access to other resources.

Sincerely,

Dr. _____