# Gastric Cancer
# When you are receiving Best Supportive Care

## Potential symptoms and what to do about them

You have been given a diagnosis of gastric cancer (cancer of your stomach). Currently you are not receiving any treatment for your cancer. Sometimes the most difficult thing is knowing who to contact for help should you develop symptoms from your cancer. This information leaflet is to help you to contact the right person

Your care team or clinical nurse specialist may have already discussed some of these symptoms with you.

This list is not exhaustive therefore if you develop any symptoms not listed you could discuss this with your GP or clinical nurse specialist. Some patients may already be under the care of the specialist palliative care team or their local hospice. For these patients you may want to contact them directly rather than the GP.

**Equally if you feel your symptoms warrant emergency advice or attention, please use the NHS 111 service or 999 if warranted.**

compassionate care

| Potential Symptoms | What to do/Who to contact: |
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| Dysphagia<br>(Difficulty swallowing) | If you experience difficulties in swallowing, or food is sticking, it maybe that the cancer in your stomach is preventing food and drink going down properly. If this occurs patients should be referred back to their **Clinical Nurse Specialist** for assessment and consideration for stenting (a wire mesh tube placed through any narrowing to allow food and drink to pass down. This is not an operation and is done in the endoscopy department of your local hospital). |
| Nausea | Nausea can be an unpleasant symptom. If this is troubling you then please see your **GP**. Your **GP** will be able to assist you with this. Your **GP** may also ask for the **Specialist Palliative Care Team** to see you as they can also be helpful in the management of nausea and can see you in your own home. |
| Vomiting | Vomiting is not a pleasant experience and needs to be addressed as soon as possible. If you are vomiting after eating, ether immediately or within a few hours after eating, it may be a problem with food passing through your stomach. If this happens please contact your **Clinical Nurse Specialist.** Your Clinical Nurse Specialist will assess your symptoms to see if a stent is required (a wire mesh tube placed through any narrowing to allow food and drink to pass through. This is not an operation and is done in the endoscopy department of your local hospital).<br><br>If you are vomiting for other reasons your **GP** will be able to assess this and prescribe appropriate medication to help or your **GP** may also ask for the **Specialist Palliative Care Team** to see you as they can also be helpful in the management of vomiting and can see you in your own home.<br><br>**If you vomit blood of brown fluid seek medical advice straight away, ether via 111 or 999 and A&E if vomiting blood.** |
| Weight Loss | Some weight loss can be part of the disease process. Weight loss may occur even if there are no changes in the amount of food you eat. If you are concerned, advice can be obtained from the **Macmillan Specialist Dietitian**. They can be accessed via your **District Nurse, GP** or **Clinical Nurse Specialist Team.** |
| Pain | Some patients worry about pain. Not all cancer patients will experience pain. However, if pain is a problem for you, then your **GP** will be able to assist you with this. Your **GP** may also ask for the **Specialist Palliative Care Team** to see you as they can also be helpful in the management of pain and can see you in your own home. |

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| Poor Appetite | Poor appetite can be a natural part of the cancer process, and a lot of patients will lose their appetite at some point during their diagnosis. Small frequent meals are best. If you have been referred to the **Macmillan Specialist Dietitian** you can discuss this with them. Your Macmillan Specialist Dietitian following an assessment may also be able to recommend special supplement drinks to take in-between your meals. For some patients in extreme cases certain medications can help and your GP will be best placed to advice or he/she may refer you to the **Specialist Palliative Care Team** for advise. |
| Anaemia (low blood count) | Anaemia can make you feel more tired than usual, pale, washed out, and also breathless. Anaemia can occur for many reasons in cancer patients. It could be related to diet. Also patients who have stomach cancer can experience bleeding from their cancer. This may not be enough blood loss for you to notice but a small amount of blood loss over a period of time can lead to Anaemia. If you feel any of these symptoms please see your **GP** as he/she can assess for Anaemia with a simple blood test. Some patients may require a blood transfusion/Iron Infusion to help with their symptoms and your **GP** will discuss this with your hospital team if this is required.<br><br>If anaemia is an ongoing issue then you GP can liaise with your **Clinical Nurse Specialist** about other options.<br><br>If you **notice black stools** and you are not on iron tablets please contact your **Clinic Nurse Specialist** in hours Monday to Friday 9am to 5pm.<br><br>**(Outside of these hours or if you feel unwell along with black stools please contact 111 or present to A & E)** |
| Weakness | Weakness is something that cancer patients will experience at some point. This can be a natural part of the cancer process. However if this is effecting your ability to function then please see your **GP** or discuss with your **District Nurse**. If the weakness is having an effect on your day to day ability to manage you may require additional help and your **GP** and **District Nurse** can refer you on to appropriate community services to help you. |
| Emotional Distress | A cancer diagnosis is a difficult time for both yourself and your family. If you and your family are having difficulties coming to terms with what is currently happening and feel you need extra help and support then you can discuss this with your **District Nurse**, **GP** or your **Clinical Nurses Specialist**. It maybe that they can refer you on to our **Counselling Service** or the **Specialist Palliative Care Team** who have services to help with these issues. |

**There may be other symptoms not listed here. If you experience any other symptoms that concern you, please contact your GP or Clinical Nurse Specialist to discuss further.**

| My Key Contacts | |
|---|---|
| Huddersfield Royal Infirmary | Switchboard: 01484 342000 |
| Calderdale Royal Hospital | Switchboard: 01422 357171 |
| Consultant / Secretary | Consultant:<br>Secretary:<br>Telephone: |
| Keyworker Cancer Nurse Specialist (CNS) | Wendy Markey<br>Lead Upper Gastro-Intestinal Cancer Nurse Specialist<br>Telephone: 01484 355064 |
| | Nicola Neale<br>Upper Gastro-Intestinal Cancer Nurse Specialist<br>Telephone: 01484 355064 |
| | Rebecca MacMillan<br>Upper Gastro-Intestinal Cancer Nurse Specialist<br>Telephone: 01484 355064 |
| | Cassie Martin<br>Upper Gastro-Intestinal Cancer Nurse Specialist<br>Telephone: 01484 355064 |
| Cancer Care Co-ordinator | Nahedia Ahmed<br>Upper Gastro-Intestinal Cancer Care Co-ordinator<br>Telephone: 01484 355980 |
| Macmillan Cancer Information Centre | Macmillan Unit Calderdale Royal Infirmary<br>Telephone: 01422 222709<br>Greenlea Unit Huddersfield Royal Infirmary<br>Telephone: 01484 343614 |
| Specialist Dietitian | Kate Darwin<br>Telephone: 01484 355064 Mobile: 07717274793 |
| G.P. | Name:<br>Address:<br>Telephone: |
| Specialist Palliative Care Team | Specialist Nurse:<br>Telephone: |
| Macmillan | Telephone: 0808 808 00 00<br>Email: **www.macmillan.org.uk** |
| Upper GI Admin Lead | Leanne Schofield Telephone: 01484 355064 |

**If you have any comments about this leaflet or the service you have received you can contact :**

Wendy Markey
Lead Upper GI CNS
Huddersfield Royal Infirmary
Lindley
Huddersfield
HD3 3EA
Tel: 01484 355064

www.cht.nhs.uk

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

**"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"**