



**Northern Ireland
Cancer Network**

LYMPHOMA PATIENT INFORMATION

SUPPORT FOLLOWING DISCHARGE FROM HAEMATOLOGY

January 2019

Scheduled for review January 2022

Support following discharge from Haematology

Now that you have completed all your treatment and regular follow up at hospital for your lymphoma, you no longer need to be seen routinely by the Haematology Team.

This does not mean that you no longer need support or advice. We understand you may have worries about your long term health or with any concerns you may have following discharge.

This leaflet will help you be aware about what to look out for and who to contact should you have a concern related to your lymphoma.

When to contact your GP

You should contact your **GP initially** if you are experiencing any of the following symptoms:

- **New or increasing swollen glands without evidence of infection**
- **Unexplained or increasing lymph nodes for more than two weeks**
- **New or persisting drenching night sweats for more than 2 weeks**
- **Unintentional weight loss over 10% in six months**
- **New or unexplained persisting itch**
- **New or unexplained swollen leg/legs**
- **Any of your original presenting symptoms return**

Support Services

Feelings and Emotions

For many people a diagnosis of haematological cancer is life changing. Some people may experience fear and uncertainty and this is natural. If you are finding it difficult to cope we can arrange for additional support if required.

Listed below are some of the areas in which you may need more information and support:

- Lifestyle including physical activity, diet, alcohol or smoking cessation
- Possible side effects of treatment
- Long term consequences of treatment
- Fatigue management
- Finances
- Emotional adjustment
- Support groups and programmes
- Returning to work or study
- Screening programmes
- Taking care in the sun
- Travel
- Complimentary treatments

You can find support at the services included in this leaflet or your haematology nurse specialist can provide more information and advice on how to cope with any worries you may have.

Useful contacts

Lymphoma Action

☎ Freephone helpline: 0808 808 5555

💻 www.lymphomas.org.uk

Cancer Focus Northern Ireland

40 - 44 Eglantine Avenue

Belfast BT9 6DX

☎ (028) 9066 3281

✉ hello@cancerfocusni.org

Northern Ireland Cancer Network (NICaN)

💻 www.survivorship.cancerni.net

Macmillan Cancer Information and Support Services

Belfast Health and Social Care Trust	Macmillan Information Centre, Belfast City Hospital and Royal Victoria Hospital ☎ 028 9063 0022 ✉ cancer.info@belfasttrust.hscni.net
Northern Health and Social Care Trust	☎ 028 9442 4000 ext. 333079 ☎ 077 9584 5435 ✉ cancerinformation@northerntrust.hscni.net
South Eastern Health and Social Care Trust	Macmillan Information Centre, Ulster Hospital Dundonald ☎ 028 9055 3246 ✉ macmillan.informationandsupport@setrust.hscni.net
Southern Health and Social Care Trust	Macmillan Information Support, Craigavon Hospital ☎ 028 3756 1001 ✉ CarolineL.davies@southerntrust.hscni.net ✉ Sharon.clarke@southerntrust.hscni.net
Western Health and Social Care Trust	☎ 028 7161 1139 or 028 7161 1272 ☎ 0734 207 5636 ✉ martha.magee@westerntrust.hscni.net ✉ tara.boyle@westerntrust.hscni.net

This leaflet was developed by the Regional Haematology CNS Forum



Belfast Health and Social Care Trust



Northern Health and Social Care Trust



South Eastern Health and Social Care Trust



Southern Health and Social Care Trust



Western Health and Social Care Trust