

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 require some follow-up care after surgery for cancer. The required follow-up care is outlined below:

1. You will require a check-up every 3 to 6 months for the first 3 years, then every 6 to 12 months during years 4 and 5, with an annual checkup thereafter.
2. A blood test called CEA (carcinoembryonic antigen) will be done at every check-up. 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 require a colonoscopy within 1 year after surgery. This will be followed by regular colonoscopies as per the recommendation of your follow-up care team.

If any of the following symptoms develop, 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](http://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. \_\_\_\_\_