

Questions to ask at your follow up appointment



- What are the chances of the cancer coming back or spreading?
- How and when will you check to see if the cancer has come back or spread?
- Where can I get help with dealing with side effects?
- What symptoms should I look out for that might show the cancer has come back or spread?
- Who should I contact if I notice any new symptoms?
- Who should I contact if symptoms don't go away?
- What long-term or late side effects might I get?
- Where can I get support to make lifestyle changes such as stopping smoking, being more active or making changes to my diet?
- Who do I contact if I'm feeling upset or low?
- Are there any health and wellbeing events that I can go to?
- Do you offer a holistic needs assessment?

Here's some space to take notes from the meeting:

A large, empty, light purple rectangular box with rounded corners, intended for taking notes from the meeting.

For more information visit [bowelcanceruk.org.uk](https://www.bowelcanceruk.org.uk)