Late effects of bowel cancer resources

A guide for healthcare professionals

Bowel Cancer UK
Beating bowel cancer together

What are the late effects leaflets?

The late effects leaflets provide information about the late and long-term effects that can happen after bowel cancer treatment. These effects may continue after bowel cancer treatment or develop months or years later.

These resources were developed in response to feedback from patients and healthcare professionals. Some told us that they were not given information about problems that can continue or develop after treatment. Others described receiving so much information around diagnosis and treatment that it was difficult to take everything in.

Each leaflet focuses on one topic. This means you can give patients information that is relevant to their symptoms, treatment or concerns without overwhelming them with other information.



The leaflet series covers:

Bowel function
- Bile acid malabsorption
- LARS

Bladder
- Bladder problems after bowel cancer treatment

Effects of pelvic radiotherapy
- Pelvic radiation disease

Stoma
- Stoma care
- Stoma reversal

Nerve problems
- Neuropathy

Emotional, work and family support
- Mental health after bowel cancer
- Returning to work
- Supporting someone after bowel cancer treatment

Sexual health, fertility and menopause
- Menopause
- Female fertility
- Female sexual dysfunction
- Male fertility
- Male sexual dysfunction

Who are the leaflets for?

Most of these leaflets are for people who have had treatment for bowel cancer and are experiencing ongoing issues which may be related to the cancer or its treatment.

Our **Supporting someone after bowel cancer treatment** leaflet is for the partners, family members and friends of someone who may be experiencing one or more late or long-lasting effect of bowel cancer and its treatment.

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How should the poster be used?

Display the poster somewhere patients are likely to see it, such as colorectal or oncology clinics, treatment centres and follow-up settings.

The poster can be used alongside the late effects leaflets to raise awareness and help patients find information that is relevant to them.

How should the leaflets be used?

Give patients the leaflet or leaflets most relevant to their symptoms, treatment or concerns. There is no need to give patients the whole series. You can order folders alongside the leaflets, allowing you to create a tailored information pack for each patient.

The leaflets provide information that patients can take away and refer back to, including on topics that can be difficult to talk about, such as bowel control, sexual problems, fertility and mental health.

The **Supporting someone after bowel cancer treatment** leaflet can be given to partners, family members or friends who would like information about how they can support someone after treatment.



What is the late effects poster?

We have developed a symptoms-based poster for display in clinics and other healthcare settings to accompany the leaflets.

Patients may recognise a symptom without knowing the clinical term for it. For example, they may be going to the toilet more often or leaking poo without realising these symptoms could be related to LARS. Similarly, tingling or numbness may not be recognised as symptoms of neuropathy.

The poster uses plain language to help people recognise that a problem they are experiencing may be linked to their treatment and signpost them to support. Patients can scan the QR code on the poster to find more detailed information about problems after bowel cancer treatment.

Where can I get the resources?

The late effects leaflets, folders, and poster can be ordered for free from our **publications page.**

Patients can access digital information about late effects by scanning the QR code on the poster or visiting **bowelcanceruk.org.uk/long-term-effects/**

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About Bowel Cancer UK

We're the UK's leading bowel cancer charity.

We're determined to save lives and improve the quality of life of everyone affected by bowel cancer.

We support and fund targeted research, provide expert information and support to patients and their families, educate the public and professionals about the disease and campaign for early diagnosis and access to the best treatment and care.

bowelcanceruk.org.uk

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