



<b>Please delete before use</b>		Letter Name	Colorectal_TS_DefunctioningStoma_062025 Version 2.0
Ratified by Pathway Board	June 2025	Created	Circa 2020
Consulted	Colorectal CNS teams across GM	Reviewed	June 2025
Contact point for amendments	Gmcancer.admin@nhs.net <u>Andrea.webber@nhs.net</u> Personalised Care Manager	Next Review date	June 2027

## GM Cancer standard template for Defunctioning Colostomy treatment summary

**Please delete this title and box after reading these instructions.**

**Remove all wording that does not apply to a particular patient in order to personalise it to the individual.**

**If you need to localise this treatment summary, e.g. job titles do not match those used in your Trust or adding your Trust logo, please do so, but please retain all other information.**

**Remember to ensure sections don't overrun onto the next page or titles separate from the body of the text**

**For GP use only: please code this letter as cancer treatment completed:**

**These codes are used by GPs to ensure this letter is filed in your patient notes. Although it scanned under 'cancer treatment completed' it does not necessarily mean that you have had all treatment you need for your cancer**

Snomed code 413737006	Cancer hospital treatment completed
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## Treatment Summary

**Patient Name**

**Hospital Name**

**Patient Address**

**Hospital Address**

**Date of Birth: 00/00/0000**

**Hospital No: 01234567**

Dear **[INSERT PATIENT NAME]**

Please find below a summary of your initial treatment for colorectal cancer, the possible side effects of your treatment and your ongoing management plan. A copy of this has also been sent to your GP.

Please remember that if you do feel anxious or would like further advice or to talk through a concern or symptom at any time you are welcome to contact your Colorectal Clinical Nurse Specialist. They are there to support you and know about a wide range of resources and services that have been designed to help you. Ongoing support and advice is also available from your Cancer Care Co-ordinator who works within the Colorectal Clinical Nurse Specialist team. Your Cancer Care Co-ordinator is also there to give support and they have a wealth of knowledge about resources available to you. They are often a good first point of contact.

## Your Key Contact Numbers:

### Key Contact Numbers (Monday – Friday)

Key Contact/s	Community Stoma Team Name:  Contact Number:
	Clinical Nurse Specialist Name:  Contact Number:

### Out of hours contact details for advice:

Your GP out of hours service,  
NHS 111  
or your district nurses (if you have a designated district nurse) for advice

### Out of hours when immediate attention is needed:

Go to your local Accident and Emergency department.  
**If you are unable to get to A&E yourself ring 999 for an ambulance.**  
  
Take this treatment summary with you

## Diagnosis and Treatment to Date:

Diagnosis:	<i>Please give full details</i>	Date of Diagnosis:	
Staging:			
Treatment aim:			

**Summary of Treatment and relevant dates:**

*Please be specific and give full information on detail, dates and intent, avoiding jargon.*

**Possible side effects from treatment you have had:**

After surgery it can take several months for your colostomy to settle down and establish a bowel pattern. If your symptoms are bothering you then please seek help.

**Go to your local Accident and Emergency department if:**

- You have excessive bleeding from your bottom.

**Contact your stoma key worker if:**

- Your colostomy has not functioned and this is causing you pain and bloating in your tummy that does not settle with pain killers.
- You have leakage or bleeding from your bottom.
- A build up of mucous causing a feeling of fullness in your bottom.
- Stoma relates symptoms, for example skin irritation, swelling around the colostomy which may indicate a hernia, pain or bleeding at the site of colostomy.

**Future Management Plan****General Information relating to your lifestyle, wellbeing and support needs:**

A number of lifestyle choices can affect your ongoing health and wellbeing. These can help you regain or build physical strength, reduce severity of side effects and reduce the risk of developing secondary cancers or other health issues. This is also an important time for you to regain or feel more in control of your health and wellbeing, often 'lost' when you are diagnosed with cancer.

**Managing your wellbeing: Looking after yourself in good times and bad**

We can all struggle on a day to day basis. Dealing with a diagnosis of cancer and undergoing treatments can be particularly challenging and it may add an additional level of complexity in looking after yourself when you are not feeling your best. You may notice that you are more worried and stressed than usual, or you may feel sluggish and low. Adjusting and adapting to everything you have been through can take time, and sometimes it needs a bit of extra support and effort to figure out how to be okay when life is proving challenging.

**Exercise and Physical Activity:**

It has been proven that engaging in regular exercise or physical activity (ideally 3 times a week) can address feelings of anxiety, experience of fatigue and low mood. It can also improve heart health, muscle strength and maintaining a healthy weight. Even a small amount of physical activity is helpful if you are able. You may need to change the type of activity you do to your specific needs and limitations so we advise talking to your GP before you start. Please visit [www.prehab4cancer.co.uk](http://www.prehab4cancer.co.uk) for more information and helpful resources.

#### **Eating Well:**

Eating a healthy balanced diet is an important part of maintaining good health and can help you feel better. This means eating a wide variety of foods in the right amounts and maintaining a healthy body weight. Depending on the surgery you have had on your bowel you may need additional advice and support to achieve this.

#### **Reducing alcohol to within safe limits:**

The current UK guidelines to keep health risks to a low level for both men and women are to avoid or not to regularly drink more than 14 units a week (6 pints of average-strength beer or 10 small (125ml) glasses of low-strength wine).

#### **Stopping smoking:**

If you are a smoker, giving up smoking will improve blood circulation, lower blood pressure, reduce the risk of a stroke, improve your immune system (ability to fight infection), and help to improve your breathing or stop it from getting worse.

**If you would like more help and advice, please speak to your Cancer Care Co-ordinator, Stoma Nurse or Colorectal Clinical Nurse Specialist**

<b>Treatment Summary Completed by:</b>	
Copy sent to GP:	<input type="checkbox"/>
Copy sent to Consultant:	<input type="checkbox"/>
Copy sent to other Health Care Professional(s):	<b>[INSERT DETAILS]</b>

#### **ADDITIONAL NOTES FOR GP**

**Required GP actions** (e.g. ongoing medications/ osteoporosis screening)

Cancer Care Review ☐ Date(s) due

***All treatment summaries are subject to review in light of evidence based changes to clinical protocols and treatment toxicity.***

***Additional resources and information for primary care staff are available through [www.gatewayc.org.uk](http://www.gatewayc.org.uk)***