



CANCER END OF TREATMENT SUMMARY (EOTS)

Patient Name		Hospital Name	
Patient Address		Hospital Address	
Date of Birth	00/00/0000	Hospital Number	01234567
NHS Number	999 999 9999	Date Completed	XX.XX.XXXX
Diagnosis (for more detail see section 2)			

Dear (patient name)

This End of Treatment Summary (EOTS) has been created to help support you now and in the future. We will share a copy with your GP for their records. It includes information about your cancer diagnosis, treatments to date and key contacts. It contains useful information about possible late effects of treatments and signs of recurrence.

Please go to Section 2 to find the summary of your diagnosis and treatment

Information for your GP

Actions and onwards care for this patient (be aware, your patient may still be under hospital care) :

- Code this letter following the instructions below
- The offer of a cancer care review (CCR) is encouraged
- It is recommended you have an annual flu jab

Coding information – Please share this document with the patient's GP

1. DOCMAN: Name as '**Cancer End of Treatment Summary**' under 'document type'
2. EMIS/SystemOne: Enter Snomed code 1324891000000103 'Cancer End of Treatment Summary Plan' as problem heading to enable ease of locating this document
 - If appropriate, consider entering this patient onto your Gold Standard Framework (GSF)

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 [Home Page - GatewayC](#). Produced by the Greater Manchester Cancer Alliance. Subject to mandatory review every two years. Next Review April 2028



Actions for you (the patient)

- **Keep this document safe** and take it to all your appointments
- Contact someone if you have symptoms
- We recommend you have an annual flu jab
- Attend all of your follow up appointments
- If you don't understand something in this document, ask your cancer keyworker (contact numbers below) to explain it
- Ask your GP for a Medical Exception Certificate (or a FP92A form) for free prescriptions
- You might get other letters about your treatment (like for surgery or chemo). Keep them together with this one

Why you got this document



You have finished your cancer treatment. This document explains what treatment you had, who to contact if you need help, and what to look out for in the future. This information also goes to your GP. There is an easy-read diagram at the end of this doc.

What this document tells you



- Tells you what treatment you had
- Gives you phone numbers of people you can call if you have questions
- Shows signs to look out for that mean you should tell your doctor or nurse
- Lists symptoms that mean you need to go to A&E straight away
- Give you tips to help you stay healthy
- Tells you about places that can give you more help and support

What should I use this document for?



Take this with you:

- If you go to A&E
- When you visit your GP
- If you see any other doctors
- If you need to sort travel insurance
- If you need a fit note

More help and support is available:



Scan the QR code or visit:
bit.ly/GMCancerhealthandwellbeinghub

**Your key workers at
the hospital.**

Available: Monday -
Friday



Name:

Contact Number:

Name:

Contact Number:



Section 1: Who to call when you need help or advice:

Your key worker may change over time especially if you have any more treatment in the future

Your key workers at the hospital. Available: Monday - Friday 	Name: Contact Number: Name: Contact Number:
Other people who may be involved in your care: PLEASE DELETE OR ADD ANY THAT ARE NOT RELEVANT TO YOUR PATIENT	
District Nurse	Name: Contact Number:
Your GP	You can always contact your GP Practice to help direct you to any community services
 Who to ring for advice when your key contact (above) is not in work	Your GP out of hours service NHS 111
 Who to contact when you need immediate attention If symptoms aren't being investigated or understood, you can mention that it's in your treatment summary and that your specialist team have said it is a symptom that needs investigating.	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 support plan with you. A&E is for anything that is causing you severe pain or is making you feel really unwell.

Section 2: Diagnosis and a summary of treatments you may have had

Your diagnosis	<i>Please describe the diagnosis in patient-friendly language,</i> <i>Are there any simple pictures that can be added here to show location or other details</i>	The date you were diagnosed	
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Histology	Histology means what your cancer cells look like under a microscope.	Where you were diagnosed	<i>Hospital</i>
Stage	Stage means how far the cancer has spread in your body	Treatment Aim	<i>Curative</i>
A summary of the treatment you have had and relevant dates You have had one of your testicles removed through a small cut in your groin (the area at the top of your leg). This was done because there was a concern that the testicle may contain cancer. Removing the whole testicle allows doctors to examine it carefully under a microscope. This gives the most accurate information about the cancer and what type it is. Taking only a small sample (biopsy) is not recommended, as it may miss cancer cells or give an incomplete result.			Date:
Any other comments about your cancer and your future progress Please also include referrals that have been made			

Section 3: Side effects

In the weeks after your Surgery

After surgery, it can take some time for you to get back to normal. The symptom that may bother you the most once you get home is:

Swelling or bruising of your scrotum.

- This may last for several days. You can take simple painkillers such as paracetamol to help with the pain.



- You may have been given a scrotal support to help reduce pain or discomfort, unless you have a testicular prosthesis (artificial testicle put in during surgery).
- You should avoid lifting anything heavy or strenuous exercise for at least a month whilst you heal.
- Depending on your job, you might need some reasonable adjustments at work. It's important to talk this through with your GP and your employer.

If you notice increasing swelling, redness, warmth or any discharge from your incision sites, this could be a sign of infection — especially if you also feel unwell or have a high temperature. Please get medical advice quickly from your GP, 111 or A&E, depending on how you're feeling.

Section 4: Possible signs that your testicular cancer may have returned

If you notice any of the symptoms below it is very important that you get in touch with us. This is because sometimes testicular cancer can come back—either in the area where you had your surgery or in another part of the body.

New symptoms don't always mean the cancer has returned, but it's important to get them checked.

Symptom

- Losing weight without trying
- Feeling very tired, weak, short of breath, dizzy, having headaches, or a fast heartbeat
- New pain or discomfort in a part of your body, for example your lower back or tummy.
- Any new lumps or swelling in your remaining testicle or scrotum
- Any new lumps or swelling in your groin or in the sides of your neck. These areas contain glands (called lymph nodes) that can become swollen and can sometimes be linked to the cancer returning.
- Swelling or tenderness of your breast tissue. This can happen due to hormonal changes and can sometimes be linked to the cancer returning.

Section 5

Your follow-up

You will be referred to The Christie Hospital to discuss whether you might benefit from any additional treatments. After these discussions, you may be advised that no further treatment is needed at this stage, or you may decide not to have any further treatment yourself.

Whatever is agreed, your ongoing check-ups and follow-up care will be managed by The Christie Hospital. You will receive all the relevant information and contact details in due course.

Section 6

General Information relating to staying as healthy as you can



The choices you make in your daily life can affect your health and wellbeing when you are living with cancer. These choices can help you get stronger, lessen side effects, and lower the chance of new health problems. It is a chance to take back some control of your health.

You can find more information at www.macmillan.org.uk/cancer-information-and-support/after-treatment/lifestyle-and-wellbeing-after-treatment or www.nhs.uk/better-health/

Exercise and Physical Activity:

Doing regular exercise or physical activity or just moving more, can help with feeling anxious, tired, or low. It also helps your heart, muscles, and keeping a healthy weight. Even a little exercise is good if you can do it. You might need to pick activities that suit your body and needs. It's best to talk to your doctor before starting. You can find further helpful information at in the eating well and staying active section of the website above.

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.

Reducing alcohol to within safe limits:

It is best for both men and women to avoid drinking more than 14 units of alcohol each week. This is about 6 pints of regular beer or 10 small glasses (125ml) of low-strength wine.

Stopping smoking:

If you smoke, stopping smoking can help your blood flow better, lower your blood pressure, and reduce the chance of having a stroke. It also helps your body fight infections and makes it easier to breathe or keeps your breathing from getting worse.

Section 7

Support and Information for loved ones, carers and yourself

Life after a cancer diagnosis can be very hard, even after you have completed all of your treatment. You might feel tired, worried, or sad more than usual. It can be tough to take care of yourself when you don't feel your best. It's okay to have these feelings. It takes time to adjust, and sometimes you need extra support to help you feel better. Try to be kind to yourself and do small things that help you feel a little stronger or more comfortable each day.

When someone has cancer, the people who look after them—called carers—can also feel tired, worried, or stressed. Taking care of someone with cancer can be hard and sometimes lonely. Carers need help and support just like the person with cancer does. It's important they take care of themselves and get the help they need.

A lot of cancer charities, like Macmillan or Maggie's, don't just support people with cancer – they also support carers and loved ones. That includes emotional support, practical advice, and sometimes just a friendly person to talk to. If someone is helping you through your treatment or recovery, encourage them to check out these services. Looking after themselves will help them be there for you too.



Here are some areas where you might find support useful, but you may have many other things you need help with too.

Coping with Your Diagnosis and Daily Life

- Coping with your emotions: feelings like fear, anger, or sadness are normal.
- Managing day-to-day life: dealing with uncertainty, loss of independence, and the impact of cancer on your family.

Getting Practical Help and Support

- Financial help and benefits you may be entitled to.
- Travel insurance options if you plan to travel.
- Grants that can help with extra costs.
- Practical support from healthcare professionals, such as your GP, district nurses, Macmillan nurses, and therapists in your community.

Managing Symptoms

- Support and advice on managing symptoms to help you stay as comfortable as possible.

Planning Ahead

- Writing a Will - A Will lets you decide how your money and belongings will be shared with your loved ones. It's a good idea to write a Will while you are feeling well.

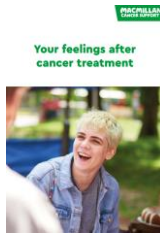
Below are some charities that can help, whether you need advice, emotional support, or someone to talk to. And there's even more available on our website:



Scan the QR code or visit: bit.ly/GMCancerhealthandwellbeinghub

Orchid Orchid is a UK-based charity dedicated to improving the lives of men affected by testicular, prostate, and penile cancers.	www.orchid-cancer.org.uk/
Testicular CancerUK Testicular Cancer UK is dedicated to supporting men and their loved ones confronting testicular cancer.	www.testicularcanceruk.com/
Macmillan Cancer Support Provides support and information on cancer, money, benefits and work. Most hospitals have a Macmillan Centre	www.macmillan.org.uk



you can visit as well as online support	
Maggie's Centres Provides free practical, emotional and social support to people with cancer and their family and friends. Maggie's have centres at The Christie and Oldham as well as an online centre.	www.maggies.org
Shine Cancer Support A network for anyone living with cancer in their 20s, 30s and 40s. Shine are here to help you deal with everything that your diagnosis brings, before, during and after treatment, and to welcome you into our community.	www.shinecancersupport.org.uk/
Citizens Advice Bureau Citizens Advice can help patients understand their rights and get support with things like benefits, work, housing, and debt. They can also give advice on legal or practical issues that may come up during or after treatment.	www.citizensadvice.org.uk
Carers UK Offers information, advice, and emotional support to people caring for family or friends who are ill or disabled. They provide a free helpline, an online community, and helpful resources to help carers look after themselves and manage their caring role.	www.carers.org
Life After Cancer Treatment Booklet This booklet was written to share common feelings and reactions that many people just like you have had after treatment ended. It also offers some practical tips to help you through this time.	www.macmillan.org.uk 
Your feelings after treatment This booklet is about the emotional effects of cancer after treatment has ended. Includes information about getting support, coping with your feelings and dealing with relationship changes.	www.macmillan.org.uk 



How an End of Treatment Summary Works

