Cancer counselling service
When you or someone close to you has a tumour or cancer you may have concerns, worries, confusion or feelings that distress you. There is a counselling service at the Royal Free which you can ask to be referred to.

You might prefer to see a counsellor / psychotherapist or psychologist nearer your local hospital. You can ask your CNS there to refer you to these services. They will know about the services available.

The Macmillan Cancer information and support centre
The Macmillan Cancer information and support centre offers up to date, good quality and appropriate information about every aspect of cancer. If you have questions about cancer you can talk to an information specialist face to face in a relaxed informal environment.

The centre is managed by a Macmillan Cancer information specialist who is supported by trained volunteers.

The centre is available for anyone affected by or who would like information on cancer, including relatives and friends. If you are worried you may have cancer or are adjusting to life after cancer treatment, they can help you find the information and support you need.

You do not have to be a patient of the Royal Free to access this service.

The centre is located on the ground floor in the oncology out-patients department.

If you are unable to get to the centre you can contact them by phone on 020 7794 0500 ext 31337 or by email cancerinfo@royalfree.nhs.uk

Macmillan benefits advisor
If you are affected by cancer, the last thing you want to think about is money. Having financial worries while dealing with a cancer diagnosis can be very difficult. The Macmillan benefits advisor is available to offer support and guidance.

Your key worker can give you further information and refer you to the service if needed.

Complementary therapy
All patients can access the massage and reflexology service at any time during treatment. The nurse or doctor can refer you to this service.

Useful sources of information and support

Additional information available

**Kidney Cancer UK**
Provides information and support for kidney cancer patients and their carers
www.kidney.cancer.org.uk 0844 870 7054

**James Whale Fund for Kidney Cancer**
Helps to increase knowledge and awareness of kidney cancer
www.jameswhalefund.org 0844 474 5050

**Kidney Cancer Support Network**
Helps patients, family and friends to join together for information and advice
www.kidneycancersupportnetwork.co.uk 0120 989 0326

**Cancer Research UK**
www.cancerresearchuk.org 080 800 4040

**Macmillan Cancer Support**
Information on living with the practical, emotional and financial effects of cancer
www.macmillan.org.uk 080 880 8000

**Marie Curie Cancer Care**
www.mariecurie.org.uk 020 7235 3325

**London Cancer**
www.londoncancer.org
This leaflet is designed to give you information on what to expect following your discharge from hospital. It will hopefully answer the common questions usually raised. If you have any further questions, please speak to your doctor or nurse before you are discharged.

What can I expect after I go home?
You will need a period of time to recover fully before returning to normal activities. You should be active within your home and build up to returning to your usual tasks. You may have some pain associated with the surgery and it is also common to feel lethargic after major surgery. You may need to rest or sleep more than usual in the first two weeks after the operation.

Some patients will have stitches or clips and these will be removed 10 days after the operation. This may be done by the nurse at your GP practice or the district nurse. This will be discussed with you as part of planning your discharge.

Common symptoms to expect on discharge.
• Constipation and bloating This is very common and is usually caused by painkilling medications. It will get better with time. Eating fresh fruit and vegetables and drinking plenty of water will also help.
• Pain or numbness around the wound site. This is not unusual and, as long as there is no redness or lump at the cut, it is part of the normal healing process.
• Low mood or lack of energy Again this is quite common and can be helped by good support from family and friends and trying to get back to work and normal activities as soon as possible. Your clinical nurse can discuss sources of support to help you.

What else should I look out for?
You should contact your GP if you:
• develop a temperature or cough, this can sometimes be because of a chest infection and might need antibiotics.
• Pain on passing urine, or needing to pass urine more frequently
• have increased redness, throbbing or leaking around the wounds. Very occasionally following surgery serious complications can develop. If you have
  • abdominal pain not relieved by painkillers
  • start vomiting and are unable to keep fluids down
  • have worsening shortness of breath
  • chest pain or a painful swollen leg
Please attend your local A&E department.

When will I have a follow-up appointment?
You will have a follow-up appointment at the renal cancer clinic with the surgical team to find out the results from your surgery. The appointment is usually booked two weeks following the operation. If you have not received an appointment, please call the patient navigator on 020 7317 7779.

Some commonly asked questions
How much pain will I be in after the surgery?
The amount of pain you experience will differ depending on the type of operation you had. Most patients having a laparoscopic operation experience much less pain than with open surgery, and will therefore require less pain relief. You will be given regular pain relief tablets to take home with you following surgery. After one week, most patients will not experience any pain.

When can I exercise?
We encourage light walking right after the procedure and brisk walking after two weeks. Four weeks after the surgery you can resume jogging, aerobic exercise and heavy lifting.

Can I shower or bath?
Swimming or bathing should be avoided until one week after surgery. showering is allowed any time after the second day following surgery. The stitches in your tummy are either dissolvable or waterproof clips. It is important that you rinse the soap thoroughly from your body as this may irritate the wounds, and that you pat yourself completely dry.

When can I drive?
You can drive when you are comfortable to do so and when you are able to perform an emergency stop. Please also check with your insurance company before returning to driving.

When can I have sex again?
This will depend on when both you and your partner feel comfortable but it is safe after one week.

When can I return to work?
Please allow a couple of weeks’ recuperation before returning to work. If your work involves lifting, please speak to your doctor before leaving hospital.

If you have any further questions, please do not hesitate to speak to the nursing or medical staff.

Useful sources of support
Your key worker
- Support you and your family at all stages during your illness
- Provide verbal and written information about your condition and treatment
- Co-ordinate your care
- Provide health education

Your key worker will work closely with the clinical nurse specialist at your local hospital to ensure things go as smoothly as possible and provide better accessibility into the hospital as he or she can be contacted easily for help and advice.

Please contact the key worker if you wish to discuss any aspects of your treatment.

Clinical nurse specialist contact details
Clinical nurse specialist renal surgery: 07935 450 617
Email: rfh.renalcancernursing@nhs.net
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