

Do you have all the information you need?

Check in with our checklist

This checklist is here to help you make sure you have all of the information you need from your medical team. You can take it with you to your appointments if you feel that would be helpful. If you do not have any of the information in this checklist, ask your Clinical Nurse Specialist (CNS) or medical team.

 When you see this symbol  it means there is a free guide available from Target Ovarian Cancer on this topic.

 **You can download or order free copies of our guides at:**
targetovariancancer.org.uk/guides or by calling **020 7923 5475**

This checklist includes links to more information. If you are viewing this online, click on the **words in pink** on the list to find out more or visit our website targetovariancancer.org.uk and search for the terms suggested below.

Need someone to talk to about ovarian cancer?

Call our nurse-led support line and you'll speak directly to a specialist nurse.

020 7923 5475 (Monday – Friday from 9am – 5pm)
or visit targetovariancancer.org.uk/supportline

Whether you need practical information, or just a listening ear, we're here for you.



My details:

About your diagnosis

When you are diagnosed with ovarian cancer, your medical team will tell you the type, stage and grade of the cancer. You can use the space below to record this information.

My diagnosis is...

My Clinical Nurse Specialist

Name:

Phone:

Email:

24-hour chemotherapy helpline

Phone:

About ovarian cancer

Treatment and care if you're newly diagnosed

▶  Read our guide [What happens next?](#) – for anyone with a recent diagnosis of ovarian cancer

▶ Read our [online information](#) – search 'newly diagnosed'

Understanding stage and grade

▶ Use our [online tool](#) which explains the different stages of ovarian cancer

Genetic testing

▶  Read our guide [Genetic testing and hereditary ovarian cancer](#) – for anyone with ovarian cancer and their families

▶ Read our [online information](#) – search 'genetics'

Treatment and care if you're a younger woman

▶  Read our guide [A younger woman's guide to ovarian cancer](#) – for anyone diagnosed under the age of 45 years

▶ Read our [online information](#) – search 'younger'

About your treatment and recovery

[How to prepare for treatment \(including prehabilitation\)](#)

[Treatment options for ovarian cancer](#)

[What to expect from surgery](#)

| | I have this | I would like this |
|--|-----------------------|-----------------------|
| Stoma care | | |
| ▶  Read our guide – Ovarian cancer and stomas | <input type="radio"/> | <input type="radio"/> |
| Your recovery and care after surgery | <input type="radio"/> | <input type="radio"/> |
| Coping with lymphoedema | <input type="radio"/> | <input type="radio"/> |
| What to expect from chemotherapy | <input type="radio"/> | <input type="radio"/> |
| Important signs, symptoms and side effects to report on while on chemotherapy and what to do if you experience them | <input type="radio"/> | <input type="radio"/> |
| Early menopause and menopausal symptoms | <input type="radio"/> | <input type="radio"/> |
| If you've had surgical menopause, you should be offered referral to menopause specialists if required | | |
| Fertility choices | <input type="radio"/> | <input type="radio"/> |
| Targeted treatments | <input type="radio"/> | <input type="radio"/> |
| ▶ Includes an online tool to find out which PARP inhibitors you may be eligible for | | |

 **If you are experiencing any symptoms or side effects always speak to your medical team.**

Living well with ovarian cancer

| | | |
|---|-----------------------|-----------------------|
| Your finances | <input type="radio"/> | <input type="radio"/> |
| Complementary therapies | <input type="radio"/> | <input type="radio"/> |
| Sex and intimacy | <input type="radio"/> | <input type="radio"/> |
| Diet and nutrition | <input type="radio"/> | <input type="radio"/> |
| Work and education | <input type="radio"/> | <input type="radio"/> |
| Mental health and how to cope with difficult feelings | <input type="radio"/> | <input type="radio"/> |
| Talking to your family (including children) about your diagnosis | <input type="radio"/> | <input type="radio"/> |
| Treatment and care if ovarian cancer comes back (recurs) | | |
| ▶  Read our guide – Back here again – for anyone with recurrent ovarian cancer | <input type="radio"/> | <input type="radio"/> |
| ▶ Read our online information – search 'come back' | <input type="radio"/> | <input type="radio"/> |
| Treatment and care for incurable ovarian cancer | | |
| ▶  Read our guide – My care, my future – for anyone living with incurable ovarian cancer | <input type="radio"/> | <input type="radio"/> |
| ▶ Read our online information – search 'incurable' | <input type="radio"/> | <input type="radio"/> |
|  Support for you | <input type="radio"/> | <input type="radio"/> |
| Find out how Target Ovarian Cancer can support you | | |

Extra support available to you

Online support groups

Our **two private Facebook groups** are welcoming and helpful places to connect and chat with other people.

- ▶ The **Ovarian Cancer Community** is a kind, supportive group for everyone affected by ovarian cancer, including friends and family.
- ▶ The **In Touch** group is a safe and supportive space only for those with an ovarian cancer diagnosis.

For more support from Target Ovarian Cancer go to targetovariancancer.org.uk/support-for-you



Other organisations

- ▶ Look Good Feel Better – lookgoodfeelbetter.co.uk
- ▶ Macmillan Cancer Support – 0808 808 00 00 – macmillan.org.uk
- ▶ Mind – 0300 123 3393 – mind.org.uk
- ▶ The Samaritans – 116 123 – samaritans.org
- ▶ Cancer Research UK – 0808 800 40 40 – cancerresearchuk.org
- ▶ Working With Cancer – workingwithcancer.co.uk
- ▶ For support with lymphoedema – 020 7351 4480 – lymphoedema.org
- ▶ For support finding therapists for sexual issues and relationships – cosrt.org.uk
- ▶ For support with stomas – colostomyuk.org (colostomies) or iasupport.org (ileostomies)

Find trusted information about ovarian cancer



Target Ovarian Cancer is a certified member of the PIF TICK scheme as a Trusted Information Creator. This is the only assessed quality mark for health information.

targetovariancancer.org.uk

