



Lymphoedema clinic

This leaflet explains more about the lymphoedema clinic that is linked to cancer services provided at Guy's and St Thomas' NHS Foundation Trust. If you have any further questions, please speak to one of our clinicians.

What is the lymphoedema clinic?

It is a clinic run by lymphoedema specialist practitioners with extensive knowledge and experience in the field of lymphoedema management. We aim to manage swelling that has developed in any part of the body effectively.

Who can attend/receive the service?

We accept referrals for adult patients who developed lymphoedema as a consequence of cancer and/or cancer treatment and who received their cancer treatment under Guy's and St Thomas' Hospital. Patients who received cancer treatment at another Hospital, but live in the boroughs of Lambeth, Southwark or Lewisham and are registered with a GP in these boroughs, can also be seen.

Where do I need to go?

Your first appointment is usually a group information session that all patients attend before being seen in a one-to-one assessment. This session lasts about one-and-a-half hours and it gives you general information on the development and management of lymphoedema. It is a friendly, informal group of eight to ten people. This appointment is then followed by your one-to-one session on a different day, when a full assessment is undertaken and a management plan will be set up if the diagnosis of lymphoedema is confirmed. This takes about an hour. As well as hearing about your presenting problem, we ask you about your medical history and medications.

Does it cost anything?

This service is free of charge. If we recommend any compression garments, we normally fit you with these in the first session. When we ask you to obtain further items on prescription from your GP, you should not be charged for the prescription. However, you may need to discuss this at your surgery and a **Prescription exemption charge form** may be required if you are under 65 years of age.

What do I need to bring with me?

Please bring with you any information about your medical history and details of any medication you have been prescribed. If you had any compression garments in the past, it would also be helpful for us if you bring them.

Useful sources of information

Lymphoedema support network, [w: www.lymphoedema.org](http://www.lymphoedema.org), [t: 020 7351 44 80](tel:02073514480)

British Lymphology society, [w: www.thebls.com](http://www.thebls.com)

MLD UK, [w: www.MLDuk.org.uk](http://www.MLDuk.org.uk)

Contact us

If you have any questions or concerns about lymphoedema, please contact the Lymphoedema Clinic, [t: 020 7188 4749](tel:02071884749), Monday to Friday, 9am to 5pm. Out of hours, please leave a message on our answer phone and we will return your call

Guy's and St Thomas' hospitals offer a range of cancer-related information leaflets for patients and carers, available at www.guysandstthomas.nhs.uk/cancer-leaflets.



**Dimbleby
Cancer
Care**

Dimbleby Cancer Care provides cancer support services for Guy's and St Thomas'. We have a drop-in information area staffed by specialist nurses and offer complementary therapies, psychological support and benefits advice for patients and carers.

Dimbleby Cancer Care is located in the Welcome Village of the Cancer Centre at Guy's. [t: 020 7188 5918](tel:02071885918) [e: DimblebyCancerCare@gstt.nhs.uk](mailto:DimblebyCancerCare@gstt.nhs.uk)

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

[t: 020 7188 8801](tel:02071888801) (PALS) [e: pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

[t: 020 7188 3514](tel:02071883514) (complaints) [e: complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. [t: 020 7188 8815](tel:02071888815) [e: languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. [t: 111](tel:111)

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health. [w: www.nhs.uk](http://www.nhs.uk)

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

[t: 0800 731 0319](tel:08007310319) [e: members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) [w: www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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