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Welcome
This booklet gives you information that you might need on your journey throughout your treatment as a patient taking part in an oncology (cancer) or haematology (blood) clinical trial.

It includes maps, information about our team, and the different departments you may need to visit while taking part in a trial.

If you need any other information, please ask your research team – we are here to help.

Meet the team
Research team
Our role is to manage and coordinate oncology and haematology clinical trials for Guy’s and St Thomas’ patients. Our team includes research nurses (RNs), clinical trial practitioners and coordinators (CTPs / CTCs), and a management team.

- **RNs** make sure clinical research studies run smoothly and that participants are kept safe and fully informed. They work in three areas: clinical, administration and education.
- **CTPs/CTCs** usually have a background in life science or research. They divide their role between administration and clinical duties.
**Multidisciplinary team (MDT)**

A number of other healthcare professionals may also be involved in your care during your clinical trial. They are known as the multidisciplinary team (MDT).

- Clinical nurse specialists (CNSs) are your key workers. They help you access services from different healthcare professionals and provide an overview of your care pathway. They concentrate on three areas: patients (and their families), nursing management and administration.
- Physiotherapists help restore movement and normal body functions if you are ill, injured or disabled, depending on your needs and situation.
- Dietitians give practical advice on your diet and nutrition.
- Speech and language therapists assist with speech, language and communication problems, and also work with people with eating and swallowing difficulties.
- Occupational therapists assess and treat physical and psychiatric conditions.
- Palliative care nurses support people with progressive conditions to manage their symptoms, and can also provide counselling for patients and their carers.

**Where will my appointment be?**

Alongside your appointments with an oncologist /haematologist doctor, you may also be asked to attend additional clinics and undertake extra procedures, such as scans or blood tests. Please confirm with your research team where your appointment is as most oncology patients are seen at the cancer centre, most
haematology patients are seen in the main hospital, and most patients participating in early phase trials are seen in the Clinical Research Facility (CRF):

**Oncology patients**
Most of your appointments will take place in the Cancer Centre at Guy’s. Your research team will let you know where you will be seen when you start your trial.

**Directions to the Cancer Centre:**
From London Bridge Station walk past the main entrance of Guy’s Hospital and continue towards the Snowfield Road exit.

The Cancer Centre is on your left (see map on p3).

When you arrive, please log in using the data screens. You will need a copy of your appointment letter which has a barcode, or you may be asked to enter your date of birth and postcode. The login screens will then give you instructions on where to go for your visit.

The Cancer Centre at Guy’s is divided into individual ‘villages’, not traditional floors. Villages cover two or three levels of the building. Use the main lifts from the ground floor to access each village. Use the village lifts and stairs to go between the levels of each village.

Staff and volunteers will be available to help you if you have any problems.
How to use this map
Welcome to our Cancer Centre.
The building is divided into individual Villages, not traditional floors. Use the Main Lifts to go to the arrival level of each Village. Use the Village Lifts and Stairs to go between the levels of each Village.
On arrival, all patients should report to the main Self Check-in which is located in the Welcome Village on the ground floor.

Main Lifts (take to arrival level of each Village)
Village Lifts (take between levels of each Village)
Check-in
Café
Toilets (available on every level)
Terraces (available on all levels)

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Early phase clinical trial patients
If you are on an early phase clinical trial, your outpatient visit will be on the 15th Floor, Tower Wing, of Guy’s Hospital in the CRF.

As you enter Guy’s Hospital through the main entrance, walk straight on to lift B which accesses floors 1-17 of Tower Wing. Take the lift to the 15th Floor, and sign in at the front desk of the CRF.

Haematology patients
If you are a haematology patient you will be seen in either the Cancer Centre, or in the Haematology Day Unit, or at the Haematology Outpatient clinic. Your research team will let you know where you will be seen when you start your trial.

Directions
The Cancer Centre
See instructions on page 6 of this leaflet.

The Haematology Day Unit (Southwark Wing)
As you enter the hospital through the main entrance, walk straight on to lift B. The lifts will take you up to the 4th Floor. After leaving the lift, follow signs to Southwark Wing. The Haematology Department is on the left, just before the corridor above the atrium on the right.

The Haematology Outpatients clinic (Tabard Annex)
As you enter the hospital through the main entrance, walk to the right and follow the signs for Tabard Annex. The Haematology Department is at the far end of the Urgent Care corridor.
When you arrive at any of the main hospital departments, please let the receptionist know that you have arrived for your appointment and you are there to see the research team. The receptionist is there to welcome you and answer any questions you may have.
Tests and treatments, and where to find them

Your treatment may come in the form of tablets, intravenous (in the vein) therapy or a combination of both. It may also include radiotherapy. On rare occasions, you may be required to stop overnight in hospital to receive some or all of your trial treatments.

Blood tests

Blood tests help us make sure you are well enough to have treatment, and to monitor any potential side effects. Blood may be taken at regular intervals. Depending on the type of test required, results can take minutes or sometimes longer.

Your blood will be taken by a phlebotomist (someone specially trained to take blood). If you have a permanent fitted device in your arm or chest for blood/treatment, such as a portacath, please let the receptionist know so that they can arrange for a nurse to take your blood.

Some trials may require additional tests, such as urine samples, scans or biopsies (samples of tissue). More information about these will be given to you by your research team when you start the trial.

Radiotherapy

If radiotherapy is required as part of your clinical trial, you will receive all the information you need from the radiotherapy department.
Having a scan
Please remember to check your appointment letter which will tell you what type of scan you are having, and where exactly to go for your scan.

Magnetic resonance imaging (MRI) scans
An MRI scan is a painless procedure that usually takes between 15 and 90 minutes, depending on the size of the area being scanned, and the number of images.

An MRI scanner is a short cylinder that is open at both ends. You will lie on a motorised bed that is moved inside the scanner. The scanner will make very loud tapping noises at certain times during the procedure, but headphones with a choice of music are provided.

The MRI scanners are in the Outpatients Village of the Cancer Centre Wing (purple zone) in Guy’s Hospital. X-rays and ultrasounds are also carried out here.
Computerised tomography (CT) scans
A CT scan uses X-rays and a computer to create detailed images of the inside of your body. The images produced by a CT scan are more detailed than standard X-rays. Sometimes you may be given an injection of contrast dye before the scan to make the images clearer. You may sometimes be asked to fast (not eat) for a number of hours prior to the scan. This information will be provided to you by the radiotherapy team.

During a CT scan, you will usually lie on your back on a flat bed. The CT scanner consists of an X-ray tube that rotates around your body. You will usually be moved continuously through this rotating beam. The scan is painless and normally takes 5-10 minutes, depending on the part of your body being scanned.

Nuclear medicine scans
Bone scans are used to examine your bones. They can show conditions which cannot be seen on X-rays, and are carried out in the Nuclear Medicine Department. You will be given two appointment times. On the first visit you will be given a small injection of a radioactive tracer into a vein in your arm. This gives off gamma rays so that, when we scan you, the camera can see how your bones have reacted to the injection. The injection will not make you feel any different. The second appointment time is for your scan. This should take no longer than one hour. The delay between injection and scan is needed for your bones to absorb the injection. Between the appointments, you may leave the hospital or remain in our waiting room.
Positron emission tomography coupled with CT (PET-CT) scans

PET-CT is a safe and easy scanning method. It shows us how the tissues in the body are working and helps us to identify organs or tissues that are not working normally.

When you arrive, we will use a small needle to inject a tracer (often a weak radioactive form of sugar) into you. You will then need to relax quietly for 30-90 minutes before we take you to the scanner room. The tracer shows up on the... We will ask you to lie on the scanner bed, where we will make you as comfortable as possible. You will need to keep very still during the scan. Typically you will spend about 30 minutes in the scanner.

The CT scanners are in the Outpatients Village of the Cancer Centre
Electrocardiograms (ECGs)
ECGs record the rhythm and electrical activity of the heart.

If you need an ECG, this may be done in your regular clinic by a member of your research team, or in the Cardiac (heart) Outpatients Department.

Echocardiogram (ECHO)
An ECHO is a type of ultrasound scan, used to look at the heart and nearby blood vessels.

If you need an ECHO, this will be done in the Cardiac Outpatients Department. This is at Guy’s Hospital, on the first floor, Southwark Wing (blue zone) (see p9).

Chemotherapy
In addition to the trial medication, you may be required to have chemotherapy. Chemotherapy is delivered in the Cancer Centre at the Chemo Village (see Page 7).

Collecting your trial medicine from the pharmacy
Some trial drugs will be given to you directly by your research team as they are only available to patients on that trial.

Other medicines, including medicines to manage side effects, will need to be collected at a pharmacy. Your research team will tell you where to collect your trial and side effect management medicines.
The Outpatient Pharmacy at Guy’s is by the entrance to Atrium 2.

Open: Monday to Friday, 8am-8pm, Saturday, Sunday and bank holidays, 9am-6pm. t: 020 7357 7583

After taking tablets, please make sure you keep any that have not been taken, and the empty bottles. Please return the tablets and bottles to the research team at your next appointment.

**Expenses**

Some trials may provide reimbursement of travel costs and other expenses up to a certain amount. The research nurse or clinical trial practitioner/Coordinator will be able to tell you if you can make a claim.

If your trial allows you to claim your expenses, you will only be reimbursed for visits occurring after signing the consent form, and can only make claims for expenses related to your trial hospital visits.

In order to be reimbursed, you will need to keep your travel tickets and all relevant receipts.

**Hospital facilities**

**Wi-Fi/Internet**

Free access is available for patients and visitors. Connect using the WiFiSPARK network. All new users should register before connecting for the first time.
**Cinema**

Guy’s and St Thomas’ Hospitals offer a MediCinema at both hospitals – a permanent, state-of-the art cinema for patients, their families and carers to enjoy. They screen the latest box office releases, and they’re free. If you're an outpatient, you'll need to provide proof that you are being treated at Guy’s or St Thomas’ such as an appointment or referral letter.

For more information please contact, **t: 020 7188 3697, e: gsttmedicinema@medicinema.org.uk**.

**Refreshments**

- AMT Coffee Naturally, Cancer Centre at Guy’s, Welcome Village, Monday to Friday, 8am-7pm
- Toms @ Guy’s Café, Atrium 3, Bermondsey Wing, Monday to Friday, 8.30am-3pm, Saturday and Sunday – closed.
- AMT coffee, Guy’s at the main reception, Monday to Friday: 6.30am-7pm, Saturday and Sunday: 8am-3pm

**Other services**

**Dimbleby Cancer Care**

Dimbleby Cancer Care provides support and information for patients and their carers from south east London and west Kent. It can be found in the Welcome Village at the Cancer Centre.

Services include psychological support, complementary therapies such as aromatherapy and reflexology and information about support available to you, such as benefits advice and support groups.

For more information see www.dimblebycancercare.org. **t: 020 7188 5918, e: DimblebyCancerCare@gstt.nhs.uk**
District nurses
These nurses provide care in your own home, such as IV line care, wound dressings, and medicine administration.

Acute Oncology Service (AOS)
If you become unwell, develop symptoms or experience any problems after having chemotherapy or anticancer treatment, you can call AOS, t: 020 7188 3754. The service operates Monday to Friday, 8.30am-6.30pm.

If you feel unwell outside of these hours, please call the hospital switchboard, t: 020 7188 7188, and ask them to contact the oncology registrar on-call.

Do not hesitate to seek medical advice if you feel unwell or have any concerns relating to your health. If you are admitted to any hospital while on a trial, please alert the research team as soon as possible.

Trial cards
Your research team should give you an emergency contact card specific to your trial. Emergency contact details can also be found on your copy of the trail consent form.
Contact us
If you have any questions or concerns about clinical trials, please contact e: askOHCT@gstt.nhs.uk. Please refer to your trial consent form and information sheet for contact details within working hours and in emergencies.

Guy’s and St Thomas’ hospitals offer a range of cancer-related information leaflets for patients and carers, available at w: www.guysandstthomas.nhs.uk/cancer-leaflets. For leaflets on other conditions, procedures, treatments and services offered at our hospitals, please visit w: www.guysandstthomas.nhs.uk/leaflets

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
e: DimblebyCancerCare@gstt.nhs.uk