Your upper gastro-intestinal (upper GI) cancer team

This leaflet will provide you with information about the Cancer Centre, our team and the services available for treating cancer. If you have any questions please speak to a doctor or nurse caring for you.

Your doctor has made a referral for you to see the upper GI cancer team in the Cancer Centre based at Guy’s Hospital. Upper GI cancers include cancers of the oesophagus (gullet or food pipe), stomach, pancreas and bile duct.

Each area of the country has one Cancer Centre, where it concentrates staff, equipment and expertise to provide the best service possible. Treatment for your type of cancer, including surgery, is given at a Cancer Centre.

The multidisciplinary team
The team members include:

- surgeons
- oncologists (specialist cancer doctors)
- radiologists (doctors who specialise in x-ray tests/scans)
- pathologists (doctors who specialise in identifying different types of cells using a microscope)
- gastro-enterologists (doctors who specialise in GI disease)
- palliative care team (end of life care)
- clinical nurse specialists (key workers)
- dietitians.

We specialise in the treatment of upper GI cancer and work closely together to make decisions regarding your care. We have a weekly meeting, called the Multi Disciplinary Meeting (MDM), to discuss all our patients’ cases in detail, and decide what the best next step is for you.

The consultant caring for you will depend on the treatment that you receive. Your consultant may change if you go on to receive another type of treatment.

If you are ever unsure about who is in charge of your care, please ask a member of staff.

Outpatient appointments
Appointments will take place at Guy’s, King’s or St Thomas’ hospitals. We will send you an appointment letter which will tell you which clinic you need to come to.
We will try not to keep you waiting on the day of your appointment, but delays can sometimes happen. You may like to bring something to read, to pass the time. You are also very welcome to bring refreshments.

You may want to have another person with you – perhaps a relative or friend – who can help you remember the information the doctor gives you.

If you have any questions, it may be helpful to write them down and bring them with you.

So that we have the correct information about you, please bring your contact details, your GP details and a list of any medicines that you are taking, including any herbal or over-the-counter medicines.

Guy’s is a teaching hospital where medical and nursing students come to learn. The doctor will ask you if students can be present during your appointment. If you do not want students at your appointment, please let us know. Your choice will be respected and won’t affect your care in any way.

Your consultant may invite you to be part of a research study or clinical trial. If so, you will be given full details of the study or trial. There will be plenty of time to talk about it with your doctors, and you will receive the same level of care whether you decide to take part or not.

Macmillan Cancer Support produces a booklet about clinical trials. Please ask if you would like a copy of this booklet or t: 0808 808 0000.

Inpatient care
You may have had surgery at King’s College Hospital or St Thomas’ Hospital or have been admitted to one of the cancer wards at Guy’s. You should have already received a copy of a leaflet Having surgery at Guy’s or St Thomas’ Hospitals. If you have not received a copy, please ask your doctor or nurse for one.

Support from your clinical nurse specialist (CNS)
If you are coming into hospital, or having investigations or treatments, it can be a difficult and uncertain time for you and those close to you. It is important to us that you receive the best care and support possible.

We will give you the name of your key worker, who will be a CNS, at your clinic appointment. They will help you with any questions you may have about your care.

Your CNS will have specialist knowledge and experience of upper GI cancer. They will support you and those close to you, through your diagnosis and treatment.

When you meet with your CNS, you will be offered a Holistic Needs Assessment in order to identify your individual concerns around diagnosis and treatment.

Being diagnosed with cancer can be an emotional time for you, your family and friends. Your CNS can listen to your concerns, answer your questions and help you understand what is happening to you. If necessary you can be referred for more formal counselling and emotional support.

The nurse specialists are available in the clinic area. They can also offer you appointments separately and are happy to speak to you on the phone if you prefer.
Your CNS can also help by:
- acting as a point of contact between those within the team, throughout all stages of your cancer experience
- advising on ways to manage your symptoms
- putting you in touch with organisations offering support, including advice about money matters.

After treatment
After your course of treatment finishes, you will be seen regularly by the doctors and/or nurses to monitor your progress. Follow-up appointments will take place at Guy’s, King’s or St Thomas’ hospitals. You will be sent the appointment by post.

Support group
It is often helpful to speak to other people who are in a similar situation to yourself. There is a support group every two months for those diagnosed with upper GI cancer.

It is held at Dimbleby Cancer Care, Welcome Village in the Cancer Centre on a Monday, from 11am to 12.30pm. For more information please contact your CNS (details at the end of this leaflet).

Further support and information
There are other health professionals in the team who can also offer support. They can help you while you are staying in hospital and when you are coming to the outpatient clinics.

Please let us know if you would like to contact:
- physiotherapists
- counsellors
- complementary therapists
- radiographers
- dietitians
- chaplains
- palliative care team.

There is an information and support team available at Dimbleby Cancer Care. This service is for anyone needing cancer-related information and support at Guy’s, King’s and St Thomas’.

The drop-in information service provides leaflets and fact sheets about all aspects of cancer. A cancer information officer is available to help you find the information that you need and to answer any questions that you may have.

A member of the team can refer you to the service, or please get in touch using the contact details on the back page.

Useful sources of information
Oesophageal Patients Association
t: 0121 704 9860    w: www.opa.org.uk

Pancreatic Cancer UK
t: 020 3535 7099 (10am to 4pm)    w: www.pancreaticcancer.org.uk

Pancreatic Cancer Action
t: 0303 040 1770    w: www.pancreaticcanceraction.org
**Contact us**

Please do not hesitate to contact us if you have any questions or need advice. If you do not know which member of staff you should call, your nurse specialist may be able to help. If at any time you feel you have not had enough information, or we are not meeting your needs, please let us know.

**Clinical nurse specialists (CNS)**

Hepato-pancreato-biliary – surgery, **t:** 020 7188 2673  
Hepato-pancreato-biliary – oncology, **t:** 020 7188 5973  
Oesophago-gastric – surgery, **t:** 020 7188 2673  
Oesophago-gastric – oncology, **t:** 020 7188 5973  

Upper GI research nurses, **t:** 020 7088 1466  
Chemotherapy Village, **t:** 020 7188 6452  
Acute oncology assessment unit, **t:** 020 7188 3754  
Clinic clerk/receptionist (appointment queries), **t:** 020 7188 3755  
Hospital transport for Guy’s and St Thomas’, **t:** 020 7188 2888  
Radiotherapy departments (clinical oncology), Guy’s **t:** 020 7188 5581  
Dietitians, surgery **t:** 020 7188 2010, oncology **t:** 020 7188 9325

**Oncology wards**

Samaritan Ward, **t:** 020 7188 8855  
Hedley Atkins Ward, **t:** 020 7188 8854

**Surgical wards**

Northumberland, **t:** 020 7188 4070  
Page, **t:** 020 7188 8867  
Nightingale, **t:** 020 7188 8865

Surgeons, **t:** 020 7188 4195  
Gastroenterologists, **t:** 020 7188 2497  
Medical oncologists (specialising in drug treatment such as chemotherapy), **t:** 020 7188 4249  
Clinical oncologists (specialising in radiotherapy treatment), **t:** 020 7188 4249  
Palliative care, **t:** 020 7188 4754

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. For more information leaflets on 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
Pharmacy Medicines Helpline
If you have any questions or concerns about your medicines, please speak to the clinical nurse specialist or other member of staff caring for you or call our helpline.
t: 020 7188 8748, Monday to Friday, 9am to 5pm

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 (PALS) e: pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) e: 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 e: 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

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

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, please get in touch.
t: 0800 731 0319 e: members@gstt.nhs.uk w: www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?
We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, w: www.guysandstthomas.nhs.uk/leaflets, or e: patientinformationteam@gstt.nhs.uk