

Ovarian Cancer Survivorship Care Plan and Treatment Summary

Name: _____

DOB: ___/___/___

MR Number: _____

Electronic Health Care Portal: _____

Your Survivorship Care Plan

Congratulations on completing your treatment for ovarian cancer! Now that you have no evidence of disease (NED), you'll start your survivorship care plan, which is outlined below. Over the next five years, you will continue to be seen by your oncology team to monitor your health. In addition to these screenings, you should also receive other services to help manage the effects of your chemotherapy and surgery.

Your Care Team:

Cancer Surveillance Provider: _____ Contact Info: _____

Primary Care Provider: _____ Contact Info: _____

Palliative Care Specialist: _____ Contact Info: _____

Follow-up Surveillance:

At regular intervals, you will need to have a physical exam focused on detecting the recurrence of cancer or to detect any new cancers. The frequency of these exams will depend on your type, stage, and grade of cancer, as well as your other risk factors. It is important that you attend these appointments since there is a chance that your cancer may come back. Although you and your doctor may agree that a different surveillance plan is right for you, a general follow up surveillance plan looks like:

Time from end of treatment					
	0-12 Months	1-2 years	2-3 years	3-5 years	>5 years
Review of Symptoms and Physical Examination	Every 3 months	Every 3 months	Every 4-6 months	Every 6 months	Annually
CA-125 blood test	Done directly following end of treatment, then every 2-4 months	Every 2-4 months	Every 3-4 months	Annually	Annually
CT scans or other radiographic imagery	recommended if recurrence is suspected	recommended if recurrence is suspected	recommended if recurrence is suspected	recommended if recurrence is suspected	recommended if recurrence is suspected

Following your treatment, you should tell your doctor if something doesn't feel right with your body. In particular, you should tell your doctor if you have any of the following symptoms or any other concerns:

- abdominal distension
- feeling full easily
- new and persistent nausea and vomiting
- bloating
- vaginal bleeding
- rectal bleeding
- weight loss without effort
- new and persistent pain
- new and persistent fatigue
- new masses (i.e., bumps in your neck or groin)
- new and persistent cough

If what you are feeling is urgent and you cannot get an appointment with your regular health care team, go to an Urgent Care or Medical Walk-In Clinic. Tell the medical provider you had cancer and show them a copy of your ovarian cancer treatment summary.