



Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

CANCER EXCLUSION CLINIC (CEC)

This leaflet tells you what to expect when you come to the Cancer Exclusion Clinic or One Stop Cancer Exclusion Clinic.

WHY HAVE I BEEN REFERRED?

Your doctor wants you to see a specialist.

You have some symptoms that need to be checked.

The clinic will do some tests to find out what is causing your symptoms.

Most people who come to this clinic do not have cancer.

However, some symptoms can be caused by cancer of the female reproductive organs.

Your appointment is urgent. This means you will have tests quickly to check for cancer.

WHAT WILL HAPPEN AT MY APPOINTMENT

You will see a doctor or Advanced Clinical Practitioner (ACP).

An ACP is a healthcare professional who is trained to check your symptoms.

You may see a male or female member of staff.

Saint Mary's Hospital is a teaching hospital.

This means student doctors and nurses may be there to learn.

You can say no to having students in your appointment.

Tell a member of staff if you do not want students to be there.

ULTRASOUND SCAN

You may need an **ultrasound scan**.

An ultrasound uses sound waves to make pictures of the inside of your body.

It can help the healthcare team look at your **womb and ovaries**.

IF YOU ARE COMING TO A ONE STOP CEC CLINIC

You will have your ultrasound scan **before your clinic appointment**.

You will have both appointments on the **same day**.

After your scan, you will go to the **Gynaecology Outpatient Department**.

The healthcare team will look at your scan results while you wait.

Your results will help them decide what needs to happen next.

IF YOU ARE COMING TO A STANDARD CEC CLINIC

You may not need an ultrasound scan.

If you need a scan, we will tell you when we arrange your appointment.

INTERNAL ULTRASOUND SCAN

You may need an **internal ultrasound scan**.

This is also called a **transvaginal ultrasound**.

It gives a close-up picture of your womb and ovaries.

A small, smooth probe is gently put inside your vagina.

Lubricating gel is used to help the probe go in.

The scan may feel uncomfortable.

It should not be painful.

Tell the healthcare professional if you are in pain or worried.

You need to have an **empty bladder** for an internal ultrasound.

Tell the healthcare team if you have a **latex allergy**.

OTHER TESTS AT YOUR APPOINTMENT

You may not need all these tests. The healthcare professional will explain which tests you need.

BLOOD TEST

A small amount of blood may be taken from your arm

PELVIC EXAMINATION

The healthcare professional may gently feel your tummy and the area around your pelvis.

They may also check your vagina or back passage.

They will use gloved fingers and lubricating gel.

A female member of staff will be in the room as a chaperone.

A chaperone is there to support you and help you feel safe.

SPECULUM EXAMINATION

A **speculum** is a smooth plastic or metal medical tool.

It may be gently put into your vagina using lubricating gel.

This lets the healthcare professional see your **cervix**.

The cervix is the lower part of the womb.

This examination is similar to a **cervical screening test**.

A female member of staff will be in the room as a chaperone.

BIOPSY

A **biopsy** means taking a very small piece of tissue from your body.

The sample is sent to a laboratory to be tested.

During your appointment biopsies may be taken from the lining of the womb, cervix (neck of the womb) or vulva

Endometrial biopsy

You may need a biopsy if your ultrasound shows that the lining of your womb is thicker than expected.

Cervical biopsy

You may need a biopsy of your cervix if the healthcare professional sees anything an area that looks unusual or may be causing your symptoms.

A biopsy may cause some short-lasting **cramps**, like period pain.

You may also have some light bleeding.

Vulval biopsy

If you have been referred because of changes to the skin around your **vulva**, you may need a vulval biopsy.

The area may be made numb first.

This means you should not feel pain during the biopsy.

OUTPATIENT HYSTEROSCOPY

You may be offered a test called an **outpatient hysteroscopy**.

This will depend on your symptoms and the results of your ultrasound scan.

WHAT IS A HYSTEROSCOPY?

A hysteroscopy is a test that lets a healthcare professional look inside your womb.

A thin telescope called a **hysteroscope** is gently passed through your vagina and cervix into your womb.

This lets the healthcare professional see inside your womb.

They will check if there is anything that needs more tests or treatment.

WHAT HAPPENS DURING THE TEST?

- The area around your vagina is cleaned.
- Sometimes a speculum is used.
- The thin hysteroscope is gently passed through your vagina and cervix into your womb.
- Clean, sterile fluid is passed through the hysteroscope.
- The fluid gently opens the womb so the womb lining can be seen clearly.
- You may feel the fluid trickling out. You may feel wet.
- Pictures of the inside of your womb will appear on a screen.

- You can watch the screen if you want to.
- Photographs will be taken and stored in your medical record.

The test is quick.

It usually takes **10–15 minutes**.

WHAT SHOULD I BRING?

Please bring:

- A list of all the medicines you take.
- A friend or family member if you would like support.
- A sanitary pad in case you have some bleeding after a test.

BEFORE YOUR APPOINTMENT

Make sure you have eaten before your appointment.

If you have been referred because of **irregular bleeding or bleeding after menopause**, take simple painkillers **20 minutes before your appointment**.

This may help if you need a biopsy.

If you are **under 55 and have irregular bleeding**, you will be asked to give a urine sample when you arrive.

This is to check for pregnancy if you need a biopsy.

If you take warfarin

Warfarin is a medicine that makes your blood less likely to clot.

If you take warfarin, you need an **INR blood test 1–2 days before your appointment**.

This is needed in case you have a biopsy.

WHAT IF I AM ON MY PERIOD

You can still come to your appointment if you are on your period.

Please come to your appointment as planned.

The clinic needs to see you as quickly as possible.

WHERE DO I GO?

Ultrasound

The ultrasound department is on the ground floor, at the back of Saint Mary's Hospital.

When you arrive, go to the scan department reception desk.

Gynaecology Outpatient Clinic

The Gynaecology Outpatient Clinic is on the ground floor.

It is on the right-hand side when you enter the atrium.

Tell the reception staff when you arrive.

TRAVEL INFORMATION

Scan the **QR code** in this leaflet to find travel information.



INTERPRETER SUPPORT

If you need an interpreter, call the telephone number on your appointment letter.

Friends and relatives cannot interpret for you at your appointment.

CHANGING OR CANCELLING YOUR APPOINTMENT

Please try to come on the date and time given to you.

Changing your appointment may mean you have to wait longer.

This could delay your care.

CONTACT DETAILS



Telephone: 0161 701 4455

Choose **option 2**.

If you have questions or concerns:

- Choose **option 2**.
- Then choose **option 3**.