

Ovarian Cancer - Remote Monitoring

This leaflet tells you about the CA125 Tracker service which will be used by the Royal Devon and Exeter Hospital to ensure a close and regular monitoring of your CA125 levels.

CA125 (Cancer Antigen 125) is a protein present on the surface of ovarian cancer cells. It is normal to have some CA 125 in the blood, but the level may be higher in women with ovarian cancer. The level of CA125 can also be raised by non-cancerous conditions and by other types of cancer. In most healthy women the level of CA125 is usually less than 35 units per millilitre. However some women do have naturally higher levels in the bloods and it can also be raised with infections, Endometriosis, fibroids or even pregnancy.

Follow-up after your treatment

Your Ovarian cancer treatment has now been completed and you will now be monitored regularly by you team of Doctors and specialist nurses.

As an alternative to hospital follow up visits we can monitor your blood results and arrange to see you if necessary. This is called remote monitoring.

What is remote monitoring?

Remote monitoring uses a computer- based programme that allows us to track your bloods, notify you of results and plan the next set of tests. It also allows us to email results/advice to you GP for prompt action if required.

We will use the CA125 Tracker computerised system to help us monitor the results of your regular CA125 tests and recall you quickly to hospital if we are concerned.

The CA125 tracker is used to monitor Ovarian, Fallopian Tube, Primary Peritoneal cancers and borderline ovarian conditions.

The tracker is managed by the Gynae/Oncology specialist nurses who;

- Have experience in ovarian cancer, care and management.
- Work in close liaison with the Multi-disciplinary Team, consultants and your GP.

How does the CA125 tracker work?

Your consultant has assessed your suitability for the tracker and feels it is an appropriate care strategy for you.

Your Nurse specialist/Consultant will add you to the tracker following referral from the consultant. You will receive letters when you need to have blood tests done or reminders if the blood test is overdue, this may be anything from every 3 months to annually. Your GP also receives a copy of the tracker letters sent to you.

After the blood test, your blood is sent to the pathology laboratory at the Royal Devon and Exeter Hospital for checking and the results are automatically put into the CA125 Tracker system, this is then checked by the Gynae/Oncology nurses weekly. If the CA125 is with in normal range for you (pre-set by your Consultant) then you will receive a letter from the Gynae Oncology nurse confirming your result and informing you when you should arrange your next blood test.

If the nurses are concerned about your Ca125 level, they will contact you by phone or letter and ask you a series of questions .If you have any symptoms we will offer you an appointment to attend an outpatient clinic within 14 days of the phone call or letter.

With the CA125 tracker you will not be routinely followed up with an outpatient appointment at the hospital if your levels are normal and you are symptom free.

Remember your Gynae/Oncology nurse specialists are there to help support you and to offer advice. Call us on 01392 406552 (answer machine available) or mobile 07920213043

Will I be seen by my consultant at any time?

If you have any concerns you are welcome to ring your Nurse specialist to discuss them. Further appointments can be made with either the Nurse specialists or the Oncology consultant as needed. Being on the tracker does not mean you are unable to see the consultant again- the tracker is a system to help us manage your care without the need for frequent hospital visits with the advantage of -

- Fewer visits to hospital
- No problems parking
- No transport costs
- No time off work
- Possibly less anxiety

Red flag signs, symptoms and changes to report

In between appointments it is important that you report without delay any of the following symptoms, these symptoms may require further investigation.

- Persistent bloating
- Change in your bowel habit
- Pain in your tummy
- Feeling full at mealtimes
- Urinary frequency or urgency
- Unplanned weight loss or gain
- Unexplained tiredness

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

© Royal Devon and Exeter NHS Foundation Trust

Designed by Graphics (Print & Design), RD&E