



## FOLLOW-UP GUIDELINES

### Cervical Cancer

June 2009

These guidelines are intended to assist in follow-up care and are not to replace individual physician's judgment with respect to particular patients or special clinical situations. Guidelines should be carried out with assistance of family physician and other healthcare professionals as required. Important goals of lymphoma follow-up include:

- To ensure that complications post surgery or other therapy are identified and managed.
- To possibly identify, at a curable stage, recurrent disease which may be amenable to salvage therapy.
- To detect and provide palliative therapy to patients with symptomatic recurrence. Such patients will usually present with symptoms, rather than being detected on routine follow-up.

Our recommendations are consistent with patient's natural history of risk for potentially curable recurrent disease. Specifically:

- Approximately 30% of cervical cancers recur with more than 80% of recurrences occurring in the first two years post therapy.
- Except in the case of localized recurrence, there is no current evidence that the detection or treatment of early asymptomatic clinical recurrence is associated with better overall outcome or survival.

#### Follow-Up for All Patients

- Patients to be followed by a gynecological oncologist every 3-4 months for two years, then every six months for a total of five years.
- Special attention should be paid to weight loss, abdominal pain, leg pain, and any lower extremity edema.
- Physical exam consists of general exam, pelvic exam, Pap smear. The presence of abnormal nodularity of the cervix, vagina or rectum should prompt biopsy.
- Annual chest x-ray.

The interpretation of pap smears in the first 3 months after surgery or radiotherapy can be extremely difficult and is not helpful and should not be obtained until after this interval.

**NOTE: Routine CBCs, liver function tests, chest x-rays CT scans or other imaging studies are NOT recommended unless clinically indicated.**

## References

**BC Cancer Agency**

<http://www.bccancer.bc.ca/HPI/ChemotherapyProtocols/default.htm>

**NCCN Guideline**

<http://www.nccn.org/Registration/login/login.aspx?s=PG>

**State-Of-The-Art Oncology in Europe**

<http://startoncology.axenso.it/capitoli/default.jsp?menu=professional&language=eng>

**Up-to-Date**

<http://www.uptodateonline.com/online/index.do>

Visit our website at <http://www.saskcancer.ca/>