



Supported self-management for thyroid cancer patients

Information for patients from the Head and Neck / Thyroid Cancer Nursing Team

After discussions with your consultant, you have decided to undertake supported self-management for your five years of thyroid cancer follow-up.

Remember

- We will send your blood test results by letter.
- We will send you blood test appointment details by post, when they are due.
- You can have blood tests taken at your GP surgery or your local hospital; it is your choice.

If you have any concerns or worries please call the **Cancer Care Line on 01227 868666**.

What tests will I have?

At regular intervals, we will ask you to have two blood tests:

- a thyroid function test (which checks your TSH levels), and
- a Thyroglobulin blood test.

The results of these tests could take up to six weeks. If you have not had your results back by then, please contact the Cancer Care Line and ask to speak to one of your cancer team.

You are considered at low risk of recurrence of your thyroid cancer, and your TSH should be kept at 0.3 to 2.0.

Your GP may check your thyroid function as well. They may decide that your Levothyroxine medication needs changing. If you wish to check any changes your GP makes with your cancer team, please contact the Cancer Care Line on 01227 868666.

Your blood test results

Please complete the following table after you receive your blood test results.

	Blood test due	Results
6 months	Thyroglobulin antibodies	Already completed before supported self-management
	Thyroglobulin	Already completed before supported self-management
	TSH	Already completed before supported self-management
1 year	Thyroglobulin antibodies	
	Thyroglobulin	
	TSH	
18 months	Thyroglobulin antibodies	
	Thyroglobulin	
	TSH	
2 years	Thyroglobulin antibodies	
	Thyroglobulin	
	TSH	
3 years	Thyroglobulin antibodies	
	Thyroglobulin	
	TSH	
4 years	Thyroglobulin antibodies	
	Thyroglobulin	
	TSH	
5 years	Thyroglobulin antibodies	
	Thyroglobulin	
	TSH	

When will my cancer team contact me?

A member of your cancer team will contact you, if your blood tests show:

- your medications need to be reviewed, and / or
- you need more appointments.

What symptoms should I look out for?

Please call us if you have any of the following

- **A new neck lump.**
- **A persistent (it does not go away) change in your voice.**
- **Increased difficulty swallowing.**

Will I still be able to contact the team if I have any concerns?

Yes. You can contact the Head and Neck / Thyroid Clinical Nurse Specialists (CNS) on the Cancer Care Line number 01227 868666, if you have any concerns or worries to do with your previous thyroid cancer or its treatment.

The Cancer Care Line is open 9am to 5pm, seven days a week. The Clinical Nurse Specialists work Monday to Friday. We will aim to call you back within two working days or sooner.

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (ekh-tr.pals@nhs.net)

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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