

# Thoracic oncology discharge

## Patient information card

Breathe, let go and remind yourself how far you have come. You have made a great start on your journey to recovery, but we know there is no place like home.



Royal  
Papworth  
Charity

**Before you are on your way home, make sure:**

- **you have been made aware of the procedure** ☐
- **discharge medication advice has been given** ☐
- **your wound has been checked** ☐
- **you have two pairs of white hospital stockings (TEDs).** ☐
- **you know what to expect during your rehabilitation at home (feelings of shortness of breath, rebuilding your exercise tolerance and pain control).** ☐
- **you are aware of the follow up calls and support available from the thoracic oncology team once home.** ☐
- **you have been given a follow-up booklet** ☐

**Discharge talk given by:**

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If you have any concerns about your progress or recovery, please be assured you are not alone. The oncology nursing team are available to provide help, support and guidance simply call us.

**Oncology nursing team:** 01223 638322

**5th floor surgical ward:** 01223 638515 / 01223 638535

Things we would like to discuss in more detail over the phone:

- Uncontrolled pain or a sudden increase in pain.
- Not having your bowels open for more than three days or are loose.
- Feeling more shortness of breath than normal.
- Change in sputum and frequency.
- Wound concerns – oozing, red, swollen.
- Emotional support.
- Swelling or redness in your calf.
- Any side effects of the medication.

or

- Anything / any changes you are concerned about.

If you feel sudden onset of shortness of breath, with or without pain, you should call 999. Please take this card along with your discharge summary anytime you seek medical help.

### Other resources able to help

- Your local GP
- Your local pharmacy
- Your local health care provider  
(other specialist teams or local hospital)
- 111
- Or in case of an emergency 999

### Other support services

- **Maggies**  
Telephone: 0300 123 1801  
Website: [maggies.org](http://maggies.org)
- **Cancer Care Map**  
Telephone: 01223 840105  
Website: [cancercaremap.org](http://cancercaremap.org)
- **Macmillan**  
Telephone: 0808 808 000  
Website: [macmillan.org](http://macmillan.org)