# Your urgent suspected cancer referral



Together we will beat cancer

#### What is an urgent suspected cancer referral?

Your GP has arranged for you to have tests or see a hospital doctor (specialist). This is to investigate your symptoms, find out what is wrong and if it could be cancer. You will have these tests as soon as possible. Most people will not have cancer. But if you do, early diagnosis and treatment is important.

## More than 9 out of 10 people

referred in this way are **not** diagnosed with cancer



You will get your appointment as quickly as possible. This will usually be within 2 weeks, but due to COVID-19 you may have to wait longer. Your first appointment may be over the phone, a video call or at the hospital. Staff at the hospital have made every effort to make sure it's a safe place to visit.

Ask your GP when you're likely to get an appointment.



# 1 Receiving an urgent referral

- You may get your appointment over the phone or by post or email. If you have a phone call, the number will not display. Please do answer your phone.
- It's very important that you attend all your appointments and tests. If you can't make it, contact the hospital as soon as you can to rearrange.
- If your symptoms get worse, tell your GP.

#### **Handy Hints**

- Check your GP has your current contact details.
- If you don't get your appointment details within 2 weeks, contact your GP surgery. Tell them it's an urgent suspected cancer referral.

# 3 Having tests

- You should receive information about your tests and any preparations you need to make.
- You may need to have more than one test.

#### Handy Hints

- Ask how you will get your results, how long it will take and make a note of this.
- The person testing you will not usually be able to tell you your results. You may have to wait to speak to your specialist.

You can find information about different types of tests at: www.cruk.org/urgentreferrals



## (2) Going to your appointment

- Appointment details will include the time, where to go, who you're seeing and anything you need to do to prepare.
- You may be sent straight for tests, or you might speak to a specialist first.
- It could help to write questions down in advance.

#### **Handy Hints**

- Make sure you know where you're going.
- Think about arranging transport, time off work or childcare for the day of your appointment.
- Check if you can take a family member or friend with you for support.
- Allow extra time in case it takes longer than you expect.

# 4 Getting results

- The doctor who orders your test will explain your results. This is usually your specialist.
- You may need to have further tests.
- In Wales, the aim is to get your test results within 28 days of your GP referral. This target is part of the Single Cancer Pathway.

#### **Handy Hints**

- If you've been waiting longer than expected for your results, contact your specialist's secretary.
- If you don't have contact details, ask your GP surgery for advice.

Don't be afraid to ask questions.



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#### What questions could I ask?

Sometimes it's difficult to know what to ask your specialist.

# Here are a few ideas that might make it easier:

- If my symptoms get worse, who should I contact?
- Should I make any changes to the medicines I'm taking?
- What tests will I need to have?
- How long will the tests take?
- What will the tests feel like?
- Do the tests have any side effects?
- How long will it take to get my test results?
- Who will give me the test results?
- If I have questions after the appointment, who should I ask?

### What happens if I have cancer?

We know this is a worrying and difficult time. There is help and support available. You will have a contact number for your key worker. They have an important role in your care and treatment.

## What happens if I don't have cancer?

If you aren't diagnosed with cancer, it's still important that you pay attention to your body. Tell your GP if you notice any new and unusual changes or if your symptoms don't get better.

A health scare makes some people think about improving their general health, for example by keeping a healthy weight or stopping smoking.

These things reduce the risk of cancer. You can also consider screening when you are invited. If you'd like to know more go to www.cruk.org/health.

#### **Notes**

It might help to keep your paperwork together in one place and make a note of your NHS number and hospital number.

You can use the space below to add contact numbers or details about your tests and appointments.

# Find information about urgent referrals cruk.org/urgentreferrals

#### **About Cancer Research UK**

Cancer Research UK pioneers life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we're all here to save more lives and prevent, control and cure all cancers. If you would like to support our work, please call 0300 123 1022 or visit our website www.cruk.org

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