

*The* ROYAL MARSDEN  
NHS Foundation Trust

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GI and Nutrition  
Team service  
(GIANTs)

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**Information for patients,  
carers and families**



**NHS**

## **Introduction**

This leaflet tells you about the GI and Nutrition Team service and the help offered to you and your family.

## **What does the team do?**

The GI and Nutrition Team provides an extensive assessment of symptoms of the digestive tract (gastrointestinal) and addresses other concerns you may have following cancer treatment.

We have experience in caring for people with abdominal pain, diarrhoea, rectal bleeding, constipation, sickness and other symptoms.

We can also offer support and advice on practical issues, such as diet or exercise, to improve your quality of life.

## **Who is in the team?**

The GI and Nutrition Team includes two consultant gastroenterologists, a Macmillan nurse consultant, a Clinical Nurse Specialist (CNS), a dedicated dietitian and a research fellow.

The team is supported by three secretaries.

We work very closely together and will discuss your case as a team. You may meet several members of the team during your clinic appointment and may not always see the same member of the team at each appointment.

## **What happens during the first clinic appointment?**

Before you see any of our team, one of the clinic nursing staff will weigh you and take a nose swab. You will be asked about yourself and your illness. This includes any current problems you might be experiencing and medications you are taking. A physical examination may be part of the assessment. Most new patients will need blood tests and other diagnostic tests following the consultation. You may be asked to complete a seven day food diary to look at your usual dietary intake.

Any information you give us will be treated in the strictest confidence by the people involved in your care.

## **What will happen afterwards?**

Your second clinic appointment will be scheduled for when all your test results are available so that we can discuss an appropriate management plan with you. We will liaise closely with your GP and local services. Sometimes it may be helpful to refer you to other specialist services such as a counsellor or benefits advisor, if you agree.

There will be three or four further follow up appointments to check on your progress and adjust your management plan as needed. The number of the follow up appointments depends on the complexity of your condition.

Please ask if you wish to receive written information about your consultations.

## Contact details

### **GI and Nutrition Team service**

GI Unit

The Royal Marsden, Fulham Road  
London SW3 6JJ

Telephone: 020 7811 8216  
(Monday to Friday, 9am – 5pm).

If you leave a message with one of our secretaries, we will call you back as soon as possible.

## Further information and support

### **Pelvic Radiation Disease Association**

*[www.prda.org.uk](http://www.prda.org.uk)*

Telephone: 01372 744 338

Information and support for patients suffering from pelvic radiation injury.

### **Macmillan Cancer Support**

*[www.macmillan.org.uk](http://www.macmillan.org.uk)*

Telephone: 0808 808 00 00

Advice and support for those with cancer from diagnosis to treatment and beyond.

### **Cancer Research**

*[www.cancerresearchuk.org](http://www.cancerresearchuk.org)*

Nurse helpline: 0808 800 4040

Help and support on the effects of cancer and how to manage them.

## **Maggie's Cancer Caring Centres**

*www.maggies.org*

Practical, emotional and social support for anyone affected by cancer.

## **Bowel Cancer UK**

*www.bowelcanceruk.org.uk*

Raising awareness of bowel cancer, campaigning for best treatment and care and providing practical support and advice.

## **Jo's Cervical Cancer Trust**

*www.jostrust.org.uk*

Dedicated to women and their families affected by cervical cancer and cervical abnormalities.

## **Prostate Cancer UK**

*www.prostatecanceruk.org*

Support for anyone affected by prostate cancer including concerned and diagnosed men, their partners, friends and families.

## **Bladder and Bowel UK**

*www.bbuk.org.uk*

Helpline: 0161 607 8219

Information and support for all types of bladder and bowel related problems, for patients, carers and healthcare professionals.

## **Disability Rights UK**

*www.disabilityrightsuk.org*

Information and support for anyone living with a disability.

# Citizens Advice Bureau

*www.citizensadvice.org.uk*

Information on people's rights – including benefits, housing and employment.

## **The Royal Marsden Macmillan Hotline:**

020 8915 6899

(available 24 hours a day, 7 days a week)

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## References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:

The Royal Marsden Help Centre

Freephone: 0800 783 7176

Email: [patientcentre@rmh.nhs.uk](mailto:patientcentre@rmh.nhs.uk)

No conflicts of interest were declared in the production of this leaflet.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

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