

He aha te mate pukupuku
whēkau piropiro?

Just diagnosed with bowel cancer?

A guide for bowel cancer patients and their whānau.



At a glance...

- It's normal to feel a range of emotions.
- Take your time when making decisions.
- There's no such thing as the wrong question.
- The next step after a diagnosis is assessing the extent of the cancer.

The emotional rollercoaster
and the 'waiting' that always
seems the hardest part is
sometimes difficult to explain.

LARA, BOWEL CANCER SURVIVOR

How you might feel

Being diagnosed with bowel cancer can come as a real shock, and it's normal to feel upset, anxious, sad, frightened or even a bit numb. Everyone reacts differently – and these feelings can come and go – so it can help to talk about it with family and friends. You might also like to join our private Facebook support group for patients and whānau.

Take your time to make decisions

It's your body, so don't be pressured into making decisions about your treatment and care in a rush. Before every appointment, make a list of questions to ask your doctors – and don't worry, no question is wrong. The terminology of cancer can be confusing,

so if you don't understand anything, ask your specialist to explain it. It's also okay to seek a second opinion.

The next steps

After diagnosis, the next step is assessment (known as 'staging'). Further tests will be carried out to check the extent of the cancer and whether it has spread to other parts of your body. This might include blood tests, X-ray, CT scan, MRI scan, PET scan or ultrasound – your specialist will explain these tests and why you need them.

Once testing is complete, you'll be given a 'prognosis', which predicts the likely development of the disease and your expected recovery. Your specialist will also outline your treatment options (see 'treatment options' guide sheet).



Want to know more?

Visit our website for more information about diagnosis, treatment and support.

bowelcancernz.org.nz > About Bowel Cancer
> Just Diagnosed



Helpful tip

Make a list of your questions and take them with you to your next appointment.



NEED SUPPORT?

Contact our bowel cancer support nurse:
Email: here4you@bowelcancernz.org.nz
Phone: 0800 BCNZ NURSE (226 968)

Join our private Facebook group:
bowelcancernz.org.nz > Support > Finding Support

CONTACT US

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