How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand rub (special gel) available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand rub. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk
Follow us on twitter@buckshealthcare

Based on The Christie Patient Information Service leaflet
Adapted by the Cancer Education, Information and Support Service, (CEISS).

Author: MCCF’s TW  Leaflet code: CISS-141
Issue date: May 2017  Version: 2
Review date: May 2019
This leaflet is aimed at patients over the age of 16 having systemic anti-cancer treatment (SACT) such as chemotherapy and targeted therapies, as there is some very important information you need to know.

Nurses may ask you about your sex life, relationships and whether you or your partner could be pregnant at different points during your treatment. They are trying to ensure you have the right information and feel supported about this important area of your life, as pregnancy or infection during SACT can be potentially life threatening. All discussions will be confidential.

You may or may not be sexually active and it can be difficult to discuss your sexual health and relationships. However, staff members will want to ask you some questions in order to keep you and your partner safe. Such as:

- Are you sexually active?
- Have you been sexually active since we last saw you?
- Have you got a sexual partner?
- What kind of contraception are you using?

These questions may feel embarrassing but please try and be honest.
Contraception

The drugs given to you when having systemic anti-cancer treatment can be passed from one individual to another via bodily fluids, and this could cause harm to your partner or any babies that are conceived.

If you are having sex (with a man or woman) you will need to use barrier methods (condoms and dams) to protect you and your partner.

We strongly advise that you or your partner do not try to get pregnant whilst having treatment.

Free condoms are available from your local sexual health clinic, please see page 4 for more details.

For advice about contraception related to your cancer treatment please ask your Oncologist or Clinical Nurse Specialist/Key Worker.

For general contraceptive advice, please call bSHaW (Bucks Sexual Health and Wellbeing) on 0300 303 2880.

If you choose to speak to them directly, please tell them if you are on active systemic anti-cancer treatment as their advice may differ depending on where you are up to with your treatment and what treatment you are having.

Sexwise 0800 292930
www.ruthinking.co.uk
For young people aged 12-18. The website gives information on contraception, sex and relationships. Allows you to search for services anywhere in the UK.

Switchboard UK
www.switchboard.lgbt 0300 330 0630
Telephone service (10am-10pm every day) with a UK wide source of information, support and referral to lesbians, gay men and bisexual people or anyone who needs support with LGB issues.

LGBT Bucks
www.lgbtbucks.org
LGBT Bucks aims to inform Lesbian, Gay, Bisexual and Transgender people about services in and around Buckinghamshire. It includes National and Local information, as well as practical tips and advice.

Sexual Health Information for People Having Cancer Treatment

Information from Macmillan Cancer Support available from www.bemacmillan.org.uk include:

Sexuality and cancer – information for men

Sexuality and cancer – information for women

Sex and relationships – Support for young people affected by cancer

Contraception

The drugs given to you when having systemic anti-cancer treatment can be passed from one individual to another via bodily fluids, and this could cause harm to your partner or any babies that are conceived.

If you are having sex (with a man or woman) you will need to use barrier methods (condoms and dams) to protect you and your partner.

We strongly advise that you or your partner do not try to get pregnant whilst having treatment.

Free condoms are available from your local sexual health clinic, please see page 4 for more details.

For advice about contraception related to your cancer treatment please ask your Oncologist or Clinical Nurse Specialist/Key Worker.

For general contraceptive advice, please call bSHaW (Bucks Sexual Health and Wellbeing) on 0300 303 2880.

If you choose to speak to them directly, please tell them if you are on active systemic anti-cancer treatment as their advice may differ depending on where you are up to with your treatment and what treatment you are having.

Sexwise 0800 292930
www.ruthinking.co.uk
For young people aged 12-18. The website gives information on contraception, sex and relationships. Allows you to search for services anywhere in the UK.

Switchboard UK
www.switchboard.lgbt 0300 330 0630
Telephone service (10am-10pm every day) with a UK wide source of information, support and referral to lesbians, gay men and bisexual people or anyone who needs support with LGB issues.

LGBT Bucks
www.lgbtbucks.org
LGBT Bucks aims to inform Lesbian, Gay, Bisexual and Transgender people about services in and around Buckinghamshire. It includes National and Local information, as well as practical tips and advice.

Sexual Health Information for People Having Cancer Treatment

Information from Macmillan Cancer Support available from www.bemacmillan.org.uk include:

Sexuality and cancer – information for men

Sexuality and cancer – information for women

Sex and relationships – Support for young people affected by cancer

Contraception

The drugs given to you when having systemic anti-cancer treatment can be passed from one individual to another via bodily fluids, and this could cause harm to your partner or any babies that are conceived.

If you are having sex (with a man or woman) you will need to use barrier methods (condoms and dams) to protect you and your partner.

We strongly advise that you or your partner do not try to get pregnant whilst having treatment.

Free condoms are available from your local sexual health clinic, please see page 4 for more details.

For advice about contraception related to your cancer treatment please ask your Oncologist or Clinical Nurse Specialist/Key Worker.

For general contraceptive advice, please call bSHaW (Bucks Sexual Health and Wellbeing) on 0300 303 2880.

If you choose to speak to them directly, please tell them if you are on active systemic anti-cancer treatment as their advice may differ depending on where you are up to with your treatment and what treatment you are having.

Sexwise 0800 292930
www.ruthinking.co.uk
For young people aged 12-18. The website gives information on contraception, sex and relationships. Allows you to search for services anywhere in the UK.

Switchboard UK
www.switchboard.lgbt 0300 330 0630
Telephone service (10am-10pm every day) with a UK wide source of information, support and referral to lesbians, gay men and bisexual people or anyone who needs support with LGB issues.

LGBT Bucks
www.lgbtbucks.org
LGBT Bucks aims to inform Lesbian, Gay, Bisexual and Transgender people about services in and around Buckinghamshire. It includes National and Local information, as well as practical tips and advice.

Sexual Health Information for People Having Cancer Treatment

Information from Macmillan Cancer Support available from www.bemacmillan.org.uk include:

Sexuality and cancer – information for men

Sexuality and cancer – information for women

Sex and relationships – Support for young people affected by cancer

Contraception

The drugs given to you when having systemic anti-cancer treatment can be passed from one individual to another via bodily fluids, and this could cause harm to your partner or any babies that are conceived.

If you are having sex (with a man or woman) you will need to use barrier methods (condoms and dams) to protect you and your partner.

We strongly advise that you or your partner do not try to get pregnant whilst having treatment.

Free condoms are available from your local sexual health clinic, please see page 4 for more details.

For advice about contraception related to your cancer treatment please ask your Oncologist or Clinical Nurse Specialist/Key Worker.

For general contraceptive advice, please call bSHaW (Bucks Sexual Health and Wellbeing) on 0300 303 2880.

If you choose to speak to them directly, please tell them if you are on active systemic anti-cancer treatment as their advice may differ depending on where you are up to with your treatment and what treatment you are having.
Cancer treatment

If you are anaemic (low red cell count) and/or thrombocytopenic (low platelet count) you are more susceptible to bleeding and infection. Your cancer treatment can also lower your immune system. Please speak to your Nurse if you are unsure if you should be having sex or not. You will also need to be mindful about the sort of sex you are having. For example anal sex increases the risk of bleeding when your counts are low.

It is really important that you let your Chemotherapy Nurse or your Consultant know if you think you have a sexually transmitted infection (STI), (e.g. as you have had unprotected sex). You will need to receive treatment for the STI in a safe way alongside your cancer treatment.

You must not have treatment for an STI without first informing your Chemotherapy Nurse or Consultant in charge of your care.

General Sexual Health Information Resources

***Remember *** all services are confidential, for those under and over 16 years of age

Sexual Health Buckinghamshire  0300 303 2880
www.sexualhealthbucks.nhs.uk
Sexual health services in Buckinghamshire are provided by a number of different organisations. There are clinics at Wycombe Hospital (the SHAW clinic) and at Brookside in Aylesbury, both are run by Buckinghamshire Healthcare NHT Trust. In addition there are a range of community clinics offering both contraception and STI testing, run by the Terrence Higgins Trust.

National Sexual Health Helpline  0300 123 7123
If you would like to talk to someone about a sexual health issue you can call the National Sexual Health Helpline free. Your call will be treated with sensitivity and in the strictest confidence. (Open 9am-8pm, Monday – Friday)

Family Planning Association (FPA)  0300 123 7123
www.fpa.org.uk
Provides confidential information and advice on contraception, sexual and reproductive health. You can also get details of family planning clinics, sexual health clinics and other sexual health services anywhere in the UK.

Brook Advisory Centres
www.brook.org.uk
Free and confidential information for under 25s.

Your local GP surgery - whether it is for information or a discussion with the GP or practice nurse.