

Macmillan Specialist Dietitians

Patient information leaflet
If you require a translation or an
alternative format of this leaflet please
ask for assistance

Safe & compassionate care,

every time

Useful websites which contain reliable sources of information on diet and cancer:

- Buckinghamshire Healthcare NHS Trust - www.buckshealthcare.nhs.uk, go to Cancer page/ Dietitians service page
- Macmillan Cancer Support - www.macmillan.org.uk
- World Cancer Research Fund – www.wcrf-uk.org
- Cancer Research UK - www.cancerresearchuk.org
- British Dietetic Association - www.bda.uk.com, go to Food Facts page

Other useful numbers:

Buckinghamshire Healthcare NHS Trust - 01296 315000

Cancer Education, Information and Support Service - 01296 316954

Acute Adult Outpatients Dietetic Service - 01296 316434

Community Dietetic Service - 01494 734825

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.

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www.buckshealthcare.nhs.uk

Free Prescriptions

All patients undergoing treatment for cancer, the effects of cancer or the effects of cancer treatment can apply for an exemption certificate for a free prescription from their GP.

What do the Macmillan Specialist Dietitians do?

- Provide nutritional advice to people who have concerns about nutrition related to a diagnosis of cancer.
- We are available to see you at any stage of your cancer journey. You may or may not be receiving treatment.
- We offer appointments at:
 - Stoke Mandeville and Wycombe Hospital Cancer Outpatient Clinics and on the Chemo Units
 - Amersham Hospital
 - Butterfly House Hospice, High Wycombe
 - Brookside Clinic, Aylesbury
 - Community hubs
 - Home and via telephone and video consultations
- We also provide education and support sessions for patient groups, such as the “Moving On with Confidence” course and Health & Wellbeing Events. Contact Cancer Education, Information and Support for more information about these.

What can the Macmillan Specialist Dietitians offer me?

We can provide help and advice on:

- Preventing further weight loss and promoting weight gain
- Managing nutritional problems associated with cancer and its treatments such as:
 - nausea and vomiting
 - poor appetite
 - taste changes
 - sore mouth
 - diarrhoea and constipation
 - malabsorption issues
- Maintaining an overall balanced diet while coping with the above symptoms
- Identifying if a prescription for oral nutritional supplements is required
- Managing home tube feeding
- Weight management following treatment that may have resulted in unintentional weight gain.

We can also provide support to carers that have dietary concerns about those that they care for.

If you have any queries regarding your diet, appetite or weight, then please ask your GP or Specialist Nurse to assess you further. A referral to the Macmillan Specialist Dietitians may be made by any Health Care Professional.

Useful Resources:

- Patient information leaflets by the Macmillan Specialist Dietitians can be requested from your Specialist Nurse.
- There are also booklets on Diet & Cancer from Macmillan Cancer Support which can be found in the Cancer Education, Information and Support Service area.
- Patient information can also be accessed online at <http://www.bucksformulary.nhs.uk/docs/avc/>