

Colorectal surgery

Cytoreductive surgery (CRS) followed by heated intraoperative peritoneal chemotherapy (HIPEC)

Information for patients

Introduction

This leaflet is designed to help you understand the treatment being offered by the colorectal team. It will explain what cytoreductive surgery (CRS) and heated intraoperative peritoneal chemotherapy (HIPEC) treatment involves. If you have any further questions, then please contact your clinical nurse specialist (CNS).

What is CRS and HIPEC?

CRS and HIPEC is used for patients with an advanced form of cancer. This treatment is used when cancer has spread from the appendix, large bowel or rectum (back passage) onto the peritoneum, which is the membrane that lines the inside of the abdomen. If left untreated, it may cause bowel obstruction, pain and a build-up of fluid within the peritoneum. The aim of this treatment is to cure you of your peritoneal cancer deposits.

What happens during the procedure?

Cytoreductive surgery removes all visible cancer and is used alongside HIPEC which is performed using a general anaesthetic. This is an open and not keyhole (laparoscopic) procedure. During this procedure the surgeon will remove all visible tumours within the peritoneal cavity. The peritoneal cavity will then be washed out with warmed chemotherapy. The chemotherapy used will be Mitomycin C. This is to eliminate any disease that is too small to be seen and that could be left behind during conventional surgery. The length of the surgery is between 6 and 12 hours.

What are the benefits and risks of the procedure?

The benefits to having this procedure include:

- improved quality of life
- increased survival rates
- relief from your symptoms
- reduced tumour recurrence rates
- improvement in activities of day-to-day life and being able to return to work (if applicable)

The risks associated with this procedure are very similar to any abdominal surgery you may previously have had and include:

- wound infection
- breathing difficulties
- blood clots
- kidney failure
- an allergic reaction to the chemotherapy drug used

You will be closely monitored for any possible complications after the procedure in our intensive care unit (ITU) or high dependency unit (HDU). You will have daily blood tests.

During the procedure you will have a nasal gastric tube and a urinary catheter. You may also have an abdominal drain. These will remain in place until a few days after the operation. You will begin your recovery period in ITU where you will be fed by a line in your neck called a central line. The feed you will have is called parenteral nutrition (PN). Once your nasal gastric tube is removed the feed should be stopped. You will be encouraged to start building up your diet at this stage.

As part of our plan to have you recover and return home as soon as possible, we encourage you to get up and start moving around (even if only to a bedside chair) at an early stage. You will be encouraged to take deep breaths and you will see the physiotherapists regularly. Once you are well enough you will move onto the surgical ward to continue your recovery and start discharge planning.

How should I prepare for surgery?

In preparation for surgery you will:

- meet your consultant and CNS
- have a pre-assessment appointment which is held on the first floor of the mint wing of St Mary's Hospital
- meet the stoma specialist nurse
- have an appointment with your CNS to answer any questions, worries or concerns you may have. Your CNS is there to support you

The pre-assessment team will tell you which medications to stop and when. If you are ever unsure, please contact your CNS.

You will be given four pre-operative drinks and some bowel preparation to take before the procedure. The pre-assessment team will give you an instruction sheet to explain when to take these.

What do I need to bring in to hospital?

We suggest that you bring the following into hospital with you:

- a wash bag with toiletries
- slippers
- a dressing gown
- a mobile phone (on silent)
- loose-fitting clothes for when you are discharged home

Please note that Imperial College Healthcare does not accept any responsibility if any of your valuables go missing during your stay.

How long should I expect to be in hospital?

Normally 10-14 days. You will see your consultant or a member of the team every day for assessment. The CNS will also visit you during your inpatient stay.

You will have clips in your wound which will need to be removed 21 days after your procedure. If you have any concerns while on the ward, please tell the nurse in charge. If you feel you need to tell your CNS, then please ask the ward to bleep them.

What happens after discharge?

After your cytoreductive surgery and HIPEC procedure your case will be discussed in the peritoneal multidisciplinary team (MDT) meeting. After this your CNS will arrange an appointment for two weeks after your discharge from hospital. At this appointment your consultant will review your wounds, discuss the outcome of the MDT meeting, any further treatment you may need and your follow-up. If, at any time, you have any questions or concerns then please contact your CNS.

How will I be followed up after my procedure?

If you need chemotherapy, then you will be referred to the oncologist. They will prescribe chemotherapy and monitor you until you complete it. After this you will be followed up every six months for two years and then yearly for a further three years.

If you do not need chemotherapy, you will be followed up by either the colorectal team at Imperial College Healthcare or your team at your local hospital.

Is there anything I need to watch out for at home?

Please contact your GP or your CNS if you experience any of the following:

- persistent nausea (feeling sick) or vomiting (being sick)
- persistent bleeding from the rectum (back passage)
- fever or a high temperature (37.5 °C/101.5 °F or above)
- pus (oozing) or increasing redness around the wound site
- increasing pain/increasing diarrhoea

Your CNS will be there to support and guide you if you have any worries or concerns.

How to contact us

Imperial College Healthcare NHS Trust has a **Macmillan navigator service**, which can answer questions on behalf of the relevant CNSs. Navigators will also refer you to CNS teams and to other specialist clinical staff, as needed. The service is available Monday to Friday 08.00–17.00.

Telephone: **020 3313 0303**

Outside of these hours, please contact your GP or phone NHS 111.

Further sources of support and information

The Macmillan Support Line: 0808 808 000 (08.00-20.00) www.macmillan.org.uk

Macmillan Cancer information and support service at Charing Cross and Hammersmith hospitals

The information centre at Charing Cross Hospital and the infopod at Hammersmith Hospital provide support, practical information and signposting advice to anyone affected by cancer. These drop-in services are set in friendly, non-clinical environments in which people affected by cancer can discuss private and emotional needs. The centre is located on the ground floor of Charing Cross Hospital and is open (except bank holidays):

- Monday and Friday 09.00-17.00 (Friday-volunteer only)
- Tuesday, Wednesday, Thursday 09.00-16.00

Telephone: **020 3313 0171**

The infopod is located on the ground floor of the Garry Weston Centre at Hammersmith Hospital and is open (except bank holidays):

- Monday and Tuesday 09.00-17.00
- Wednesday, Thursday, Friday 09.00-16.00

Telephone: **020 3313 4248**

Maggie's cancer caring centre

Maggie's is a cancer charity that provides the emotional, practical and social support that people with cancer may need. The centre combines striking buildings, calming spaces, experts offering professional support and the ability to talk and share experiences with a community of people who have been through similar experiences. Designed by leading architects, Maggie's centres are warm, friendly and informal places full of light and open space with a big kitchen at their heart. Maggie's West London is located in the grounds of Charing Cross Hospital but is independent of our hospital. The centre is open Monday to Friday, 09.00-17.00. For more information, please call **020 7386 1750**.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk