



# Your urgent referral explained



CANCER  
RESEARCH  
UK

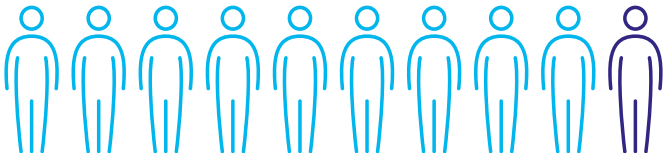
Together we will beat cancer

# What is an urgent referral?

Your GP has arranged for you to see a hospital doctor (specialist) urgently. This is to investigate your symptoms further. You may have some tests to find out what is wrong and whether or not it could be cancer.

**More than 9 out of 10 people\***

referred in this way are **not** diagnosed with cancer



\* This figure refers to urgent 2 week referrals in England

## How quickly will I be seen?

An urgent referral will be processed as quickly as possible and an appointment arranged for you.

Some of the UK nations have targets around how quickly you'll be seen. For example, in England an urgent referral means that you should see a specialist within 2 weeks.

Ask your GP when you're likely to get an appointment.



## 1 Receiving an urgent referral

- Depending on where you live, you might get your appointment directly from your GP surgery, or by phone, post or email.

• **It's very important that you attend your appointment.** If you can't make it, contact the hospital as soon as you can to rearrange.

- If your symptoms get worse, tell your GP.

### Handy Hints

- ⊗ Check your GP has your current contact details.
- ⊗ If you don't get your appointment details within a week, contact your GP surgery or the local number provided on this leaflet. Tell them it's an urgent suspected cancer referral.

## 2 Going to your appointment

- Your appointment letter will include: the time, where to go, who you're seeing and anything you need to do to prepare.
- You may be sent straight for tests, or you might see a specialist first.
- You may need to describe your symptoms again. It could help to write things down in advance.

### Handy Hints

- ⊗ Make sure you know where you're going.
- ⊗ Think about arranging transport, time off work or childcare for the day of your appointment.
- ⊗ Try to bring a family member or friend with you for support.
- ⊗ Allow extra time in case it takes longer than you expect.
- ⊗ Make sure your mobile phone is charged.

## 3 Having tests

- The appointment letter will include details of any tests you will have and any preparations you need to make.
- You may need to have more than one test.
- Call the number on your letter if you have any questions.

### Handy Hints

- ⊗ Ask how you will get your results, how long it will take and make a note of this
- ⊗ The person testing you will not usually be able to tell you your results. You may have to wait to speak to your specialist.

You can find information about different types of tests at [www.cruk.org/urgentreferrals](http://www.cruk.org/urgentreferrals)



## 4 Getting results

- Your specialist, or sometimes your GP, will explain your results.
- You may need to have further tests.
- The time it takes to receive your results varies – you may have to wait several weeks.

### Handy Hints

- ⊗ If you have another appointment, try to bring a family member or friend with you.
- ⊗ Bring a pen and paper to make notes.
- ⊗ If you have been waiting for your results for longer than expected, contact your GP surgery or the local number provided on this leaflet.

Don't be afraid to ask questions



## What questions could I ask?

Sometimes it's difficult to know what to ask your specialist.

Here are a few ideas that might make it easier:

- If my symptoms get worse, who should I contact?
- Should I make any changes to the medicines I'm taking?
- What tests will I need to have?
- How long will the tests take?
- What will the tests feel like?
- Do the tests have any side effects?
- How long will it take to get my test results?
- Who will give me the test results?
- If I have questions after the appointment, who should I ask?

## What happens next?

If you are diagnosed with cancer you will be given lots of information by the hospital. You can also call a Cancer Research UK nurse for information and support on **freephone 0808 800 4040**.

If you aren't diagnosed with cancer, it's still important that you pay attention to your body. Tell your GP if you notice any new and unusual changes or if your symptoms don't get better.

A health scare makes some people think about improving their general health, for example by keeping a healthy weight or stopping smoking. These things reduce the risk of cancer. You can also consider screening when you are invited.

If you'd like to know more go to **[www.cruk.org/health](http://www.cruk.org/health)**.

## Local contact details

Your GP might provide a local number (below). You can use this number if you have any questions about your appointment or results.

.....

.....

.....

## Notes

.....

.....

.....

.....


.....

Find information about urgent referrals [cruk.org/urgentreferrals](https://www.cruk.org/urgentreferrals)

Ask our specialist nurses  
**0808 800 4040\***

Share your experiences  
[cancerchat.org.uk](https://www.cancerchat.org.uk)

\*Phone lines open 9am–5pm Monday–Friday



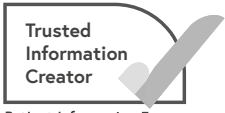
Let us  
help you  
find the  
answers

## About Cancer Research UK

Cancer Research UK pioneers life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we're all here to save more lives and prevent, control and cure all cancers.

If you would like to support our work, please call **0300 123 1022** or visit our website [www.cruk.org](https://www.cruk.org)

©Cancer Research UK (2020). Ref: UR02  
June 2020. Due for review by: December 2022  
Cancer Research UK is a registered charity in  
England and Wales (1089464), Scotland (SC041666),  
the Isle of Man (1103) and Jersey (247).



Trusted  
Information  
Creator

Patient Information Forum



Eich  
atgyfeiriad  
brys wedi'i  
esbonio



CANCER  
RESEARCH  
UK

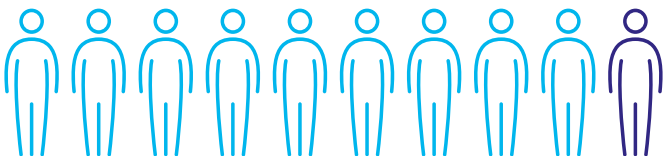
Gyda'n gilydd, wnawn guro cancer

# Beth yw atgyfeiriad brys?

Mae eich meddyg teulu (GP) wedi trefnu i chi weld doctor (arbenigwr) ysbyty ar frys. Gwneir hyn er mwyn ymchwilio i'ch symptomau ymhellach. Efallai y byddwch chi'n cael rhai profion i ddarganfod beth sy'n bod ac a allai fod yn ganser ai peidio.

## Nid yw mwy na 9 o bob 10 o bobl

a atgyfeirir yn y ffordd hon yn cael diagnosis o ganser\*



\*Mae'r ffigur hwn yn cyfeirio at atgyfeiriadau brys 2 wythnos yn Lloegr

## Pa mor gyflym y byddaf yn cael fy ngweld?

Bydd atgyfeiriad brys yn cael ei brosesu cyn gynted â phosibl a chaiff apwyntiad ei drefnu ar eich cyfer. Mae gan rai o genhedloedd y DU dargedau ynghylch pa mor gyflym y cewch eich gweld. Er enghraifft, yn Lloegr mae atgyfeiriad brys yn golygu y dylech weld arbenigwr o fewn pythefnos.

Gofynnwch i'ch meddyg teulu pryd rydych chi'n debygol o gael apwyntiad.



### 1 Derbyn atgyfeiriad brys

- Yn dibynnu ar ble rydych chi'n byw, efallai y cewch eich apwyntiad yn uniongyrchol gan eich meddygfa, neu dros y ffôn, trwy'r post neu drwy e-bost.

- **Mae'n bwysig iawn eich bod chi'n mynychu'ch apwyntiad.** Os na allwch fynychu, cysylltwch â'r ysbyty cyn gynted ag y gallwch er mwyn aildrefnu.
- Os bydd eich symptomau'n gwaethygu, dywedwch wrth eich meddyg teulu.

#### Awgrymiadau defnyddiol

- ✔ Gwiriwch fod gan eich meddyg teulu eich manylion cyswllt cyfredol.
- ✔ Os na chewch fanylion eich apwyntiad o fewn wythnos, cysylltwch â'ch meddygfa neu'r rhif lleol a ddarperir ar y daflen hon. Dywedwch wrthynt ei fod yn atgyfeiriad brys ar gyfer canser posibl.

## 2 Mynd i'ch apwyntiad

- Bydd eich llythyr apwyntiad yn cynnwys: yr amser, ble i fynd, pwy rydych chi'n ei weld ac unrhyw beth sydd angen i chi ei wneud i baratoi.
- Efallai y cewch eich anfon yn syth i gael profion, neu efallai y byddwch yn gweld arbenigwr yn gyntaf.
- Efallai y bydd angen i chi ddisgrifio'ch symptomau eto. Gallai fod o gymorth i ysgrifennu pethau ymlaen llaw.

### Awgrymiadau defnyddiol

- ⊗ Gwnewch yn siŵr eich bod yn gwybod i ble rydych chi'n mynd.
- ⊗ Ystyriwch drefnu cludiant, amser i ffwrdd o'r gwaith neu ofal plant ar gyfer diwrnod eich apwyntiad.
- ⊗ Ceisiwch ddod ag aelod o'r teulu neu ffrind gyda chi am gefnogaeth.
- ⊗ Caniatewch amser ychwanegol rhag ofn y bydd yn cymryd mwy o amser na'r disgwyl.
- ⊗ Gwnewch yn siŵr bod eich ffôn symudol wedi'i wefru.

## 3 Cael profion

- Bydd llythyr yr apwyntiad yn cynnwys manylion ynghylch unrhyw brofion y byddwch chi'n eu cael ac unrhyw baratoadau y bydd angen i chi eu gwneud.
- Efallai y bydd angen i chi gael mwy nag un prawf.
- Ffoniwch y rhif ar eich llythyr os oes gennych unrhyw gwestiynau.

### Awgrymiadau defnyddiol

- ⊗ Gofynnwch sut y byddwch chi'n cael eich canlyniadau, faint o amser y bydd yn ei gymryd a gwnewch nodyn o hyn.
- ⊗ Fel rheol ni fydd y person sy'n eich profi yn gallu dweud wrthych beth yw eich canlyniadau. Efallai y bydd rhaid i chi aros i siarad â'ch arbenigwr.



Gallwch weld gwybodaeth am wahanol fathau o brofion yn [www.cruk.org/urgentreferrals](http://www.cruk.org/urgentreferrals)

## 4 Cael canlyniadau

- Bydd eich arbenigwr, neu weithiau eich meddyg teulu, yn esbonio'ch canlyniadau.
- Efallai y bydd angen i chi gael profion pellach.
- Mae'r amser y mae'n ei gymryd i dderbyn eich canlyniadau'n amrywio – efallai y bydd rhaid i chi aros sawl wythnos.

### Awgrymiadau defnyddiol

- ⊗ Os byddwch chi'n cael apwyntiad arall, ceisiwch ddod ag aelod o'r teulu neu ffrind gyda chi.
- ⊗ Dewch â beiro a phapur i wneud nodiadau.
- ⊗ Os ydych chi wedi bod yn aros am eich canlyniadau am fwy o amser na'r disgwyl, cysylltwch â'ch meddygfa neu'r rhif lleol a ddarperir ar y daflen hon.

Peidiwch ag ofni  
gofyn cwestiynau





## Pa gwestiynau allwn i eu gofyn?

Weithiau mae'n anodd gwybod beth i'w ofyn i'ch arbenigwr.

Dyma ychydig o syniadau a allai ei gwneud yn haws:

- Os bydd fy symptomau'n gwaethygu, â phwy ddylwn i gysylltu?
- A ddylwn i wneud unrhyw newidiadau i'r meddyginiaethau rwy'n eu cymryd?
- Pa brofion y bydd angen i mi eu cael?
- Faint o amser fydd y profion yn ei gymryd?
- Sut fydd y profion yn teimlo?
- A fydd y profion yn achosi unrhyw sgîl-ffeithiau?
- Faint o amser fydd yn ei gymryd i gael canlyniadau fy mhroffion?
- Pwy fydd yn rhoi canlyniadau'r profion i mi?
- Os oes gen i gwestiynau ar ôl yr apwyntiad, i bwy ddylwn i eu gofyn?

## Beth fydd yn digwydd nesaf?

Os cewch ddiagnosis o ganser bydd yr ysbyty yn rhoi llawer o wybodaeth i chi. Gallwch hefyd ffonio nyrs Cancer Research UK i gael gwybodaeth a chefnogaeth ar rhadffôn **0808 800 4040**.

Os na chewch ddiagnosis o ganser, mae'n dal yn bwysig i chi dalu sylw i'ch corff. Dywedwch wrth eich meddyg teulu os byddwch chi'n sylwi ar unrhyw newidiadau newydd ac anarferol neu os na fydd eich symptomau'n gwella.

Mae dychryn iechyd yn gwneud i rai pobl feddwl am wella eu hiechyd yn gyffredinol, er enghraifft trwy gadw pwysau iach neu roi'r gorau i ysmegu. Mae'r pethau hyn yn lleihau'r risg o gael canser. Gallwch hefyd ystyried sgrinio pan gewch eich gwahodd.

Os hoffech chi wybod rhagor, ewch i [www.cruk.org/health](http://www.cruk.org/health).

# Manylion cyswllt lleol

Efallai y bydd eich meddyg teulu yn darparu rhif lleol (isod). Gallwch ddefnyddio'r rhif hwn os oes gennych unrhyw gwestiynau ynghylch eich apwyntiad neu'ch canlyniadau.

---

---

## Nodiadau

---

---

---

---

---

---

---

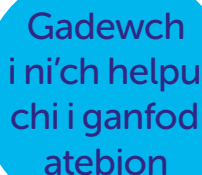
---

Gallwch ganfod rhagor o wybodaeth am atgyfeiriadau brys yn [cruk.org/urgentreferrals](https://www.cruk.org/urgentreferrals)

Gofynnwch i'n nyrsys arbenigol ar **0808 800 4040\***

Rhannwch eich profiadau yn [cancerchat.org.uk](https://www.cancerchat.org.uk)

\*Llinellau ffôn ar agor 9 am–5pm Llun–Gwener



Gadewch  
i ni'ch helpu  
chi i ganfod  
atebion

## Amdan Cancer Research UK

Mae Cancer Research UK yn arloesi mewn ymchwil sy'n achub bywydau i frysio'r dydd pan fydd modd gwella pob cancer. O'n gwirfoddolwyr a chefnogwyr i'n gwyddonwyr, meddygon a nyrsys, rydym yma i gyd i achub rhagor o fywydau ac i atal, rheoli a gwella pob cancer.

Os hoffech chi gefnogi ein gwaith, ffoniwch **0300 123 1022** neu ewch i'n gwefan [www.cruk.org](https://www.cruk.org)

©Cancer Research UK (2020). Cyf: UR02  
Mai 2020 Disgwylir cael ei adolygu erbyn: Tachwedd 2022  
Mae Cancer Research UK yn elusen gofrestrdig yng Nghymru a Lloegr (1089464), yr Alban (SC041666)  
Ynys Manaw (1103) a Jersey (247).

