

Carcinoid Tumor - After Treatment

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [1], March / 2014

After Treatment

ON THIS PAGE: You will read about your medical care after treatment for a carcinoid tumor is finished and why this follow-up care is important. To see other pages, use the menu on the side of your screen.

After treatment for a carcinoid tumor ends, talk with your doctor about developing a follow-up care plan. This plan may include regular physical examinations and/or medical tests to monitor your recovery for the coming months and years. This is important because a carcinoid tumor can recur even several years after treatment. The most common place for a second carcinoid tumor to develop is in the gastrointestinal tract, such as the stomach or intestines. Tell your doctor about any new symptoms as soon as you notice them, such as fatigue, breathing problems, or pain in any part of the body.

Patients and families should be aware that a carcinoid tumor is slow growing and may be similar to a chronic illness, which means the patient will receive treatment and follow-up care in cycles on an ongoing basis. Some patients also experience late effects after being treated with octreotide, such as thyroid and gallbladder problems.

ASCO offers [cancer treatment summary forms](#) [2] to help keep track of the cancer treatment you received and develop a survivorship care plan once treatment is completed.

People recovering from a carcinoid tumor are encouraged to follow established guidelines for good health, such as maintaining a healthy weight, not smoking, limiting alcohol, eating a balanced diet, and having recommended cancer screening tests. Talk with your doctor to develop a plan that is best for your needs. Moderate physical activity can help you rebuild your strength and energy level. Your doctor can help you create an appropriate exercise plan based upon your needs, physical abilities, and fitness level. Learn more about the [next steps to take in survivorship](#) [3], including making [positive lifestyle changes](#) [4].

The next section offers a list of questions you may want to ask. Use the menu on the side of your screen to select Questions to Ask the Doctor, or you can select another section, to continue reading this guide.

Links:

[1] <http://www.cancer.net/about-us>

[2] <http://www.cancer.net/node/25394>

[3] <http://www.cancer.net/node/25400>

[4] <http://www.cancer.net/node/24554>