

Colorectal Cancer - After Treatment [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [2], 09/2014

ON THIS PAGE: You will read about your medical care after cancer treatment 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 colorectal cancer 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. Get specific recommendations for [follow-up care for colorectal cancer](#). [3] In addition, ASCO offers [cancer treatment summary forms](#) [4] to help keep track of the colorectal cancer treatment you received and develop a survivorship care plan once treatment ends.

People recovering from colorectal cancer are encouraged to follow established guidelines for good health, such as maintaining a healthy weight, not smoking, 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 exercise can help rebuild your strength and energy level. In addition, some studies suggest that regular exercise may reduce the risk of recurrence, but more research is needed. Your doctor can help you create a safe exercise plan based upon your needs, physical abilities, and fitness level. Learn more about the [next steps to take in survivorship](#) [5], including making [positive lifestyle changes](#) [6].

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/cancer-types/colorectal-cancer/after-treatment>

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

[3] <http://www.cancer.net/node/29811>

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

[5] <http://www.cancer.net/node/22>

[6] <http://www.cancer.net/node/24583>