

# Prostate Cancer Follow-up for patients Commencing Active Surveillance

Information for patients, relatives and carers

① For more information, please contact:  
Urology Clinical Nurse Specialist Team in  
York: 01904 721735

## **What is follow-up care?**

Active Surveillance means, you will be reviewed for five to ten years. During this time, you will have regular PSA blood tests, which we will monitor closely. However, PSA may fluctuate for other reasons unrelated to your cancer diagnosis.

As part of your follow-up, you will be added to our Remote Monitoring System, which helps us keep track of all the regular tests you will require throughout this period.

## **Why is follow-up care important?**

The aim of follow-up care is to monitor your wellbeing and physical health. Follow-up care is important from a wellbeing perspective.

Cancer support services can help with any physical, emotional, or social problems or challenges you may face in the months or years while on active surveillance.

## **Follow-up care plan**

Your follow-up care will include regular PSA blood tests (see glossary) performed every six months.

We will send you letters with dates for scheduled PSA blood tests.

Depending on your clinical requirements you may also need periodic follow-up scans and prostate biopsies, of which you will be advised.

For blood tests, please visit one of your local blood taking services, taking your blood form with you. The attached information explains where you can get your blood test done or you can access the list via this link: <https://www.yorkhospitals.nhs.uk/our-services/a-z-of-services/blood-taking-service-phlebotomy/>

If any abnormalities are identified following your PSA blood test, you will be notified by telephone or a letter and advised of the next steps required.

## Monitoring your health

Sometimes cancer can progress. You may be the first to notice something different or unusual between your scheduled follow-up tests.

If you notice any changes in your health, please notify the urology cancer specialist nurse team. They can provide advice regarding these symptoms and whether further investigation is required.

## Signs and symptoms to look out for

- **Urinary:**  
Increased frequency/urgency to urinate  
Weak flowrate  
Pain/stinging during urination  
Blood in urine
- **Sexual/pelvic:**  
New erectile issues-difficulties in obtaining or maintaining an erection.

## Results

Once you have had your PSA blood test taken, we will write to you within one month to let you know the result and tell you when you should have the next PSA blood test taken.

# **Living With and Beyond Cancer**

It is common to experience difficult or challenging emotions, such as stress, depression or anxiety after receiving a cancer diagnosis.

Many people find it helpful to talk about their feelings with others such as family and friends, health professionals, or counsellors. Being part of a support group may also help.

However, if you continue to experience anxiety, stress or depression, over a prolonged period, please discuss this with your Urology Cancer Nurse Specialist or GP who may be able to refer you for further help and advice.

There is a dedicated Cancer Wellbeing Service in York and Scarborough that provides a wide range of free information and support to patients, their relatives, friends and carers.

## **Macmillan Cancer Care Centres:**

York Hospital, Wigginton Road, York, YO31 8HE,  
telephone 01904 721166

Scarborough Hospital, Woodlands Drive, Scarborough,  
YO12 6QL, telephone 01723 342606

# Finally

Please do not hesitate to contact your urology cancer clinical nurse specialist team, if you are worried about anything related to prostate cancer or are experiencing any of the signs or symptoms mentioned above. We are here to support you and help to ease any worries or concerns.

Our regular hours are:

Monday - Friday 8am - 4 pm

Urology Clinical Nurse Specialist Team in

**York:** 01904 721735

Email: [yhs-tr.cancersupportandinformation@nhs.net](mailto:yhs-tr.cancersupportandinformation@nhs.net)

Out of hours please contact 111 or in case of an emergency 999.

## Glossary

### **What is Prostate Specific Antigen (PSA)**

A PSA blood test measures the amount of PSA in your blood. PSA is a protein produced by normal cells and prostate cancer cells, you will continue to have regular PSA blood tests, usually every 6 to 12 months.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact the Lung Cancer Clinical Nurse Specialist Team for your area – see contact details on front page.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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