



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Prostate Cancer Initiated Follow-Up (PIFU)

Information for patients, relatives and carers  
after completion of treatment for prostate  
cancer

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

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

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

Following the completion of your treatment for prostate cancer you will be followed up for a number of years by the urology team. Your clinicians will make this decision depending on your treatment type. This will involve regular PSA blood tests, which we will monitor closely. 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.

## **What is Patient Initiated Follow-Up?**

Your follow-up care may also be described in letters you receive from the Trust as Patient Initiated Follow-Up, or PIFU. This simply refers to a change, with your consent, from being offered regular clinic visits and routine check-ups with your consultant to making your own appointment only when you need it.

Your clinical team will discuss PIFU and your suitability with you and provide you with this leaflet to consider your options. Managing your follow-up in this way is optional and it is your decision.

## **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 following completion of your treatment.

## **Follow-up care plan**

Your follow-up care will include regular PSA blood tests (see explanation section).

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 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 reoccur. 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:** more often/urgent, weak flow, pain/stinging or blood in urine
- **Bowel:** diarrhoea or constipation lasting more than a week, urgency, mucus or **rectal bleeding**.
- **Sexual/pelvic:** new erection issues, pelvic ache, or swelling in legs/scrotum/groin

### **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 done.

# **Living With and Beyond Cancer**

It is common to experience difficult or challenging emotions, such as stress, depression or anxiety after cancer treatment. 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 depression, anxiety or stress over a prolonged period, please ask 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.

## Explanation

### **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 six 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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