



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Kidney Cancer Follow-up Care

Information for patients after completion of  
treatment for kidney cancer

① For more information, please contact:

**Urology Clinical Nurse Specialist Team in York**

Telephone: 01904 721735

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

Following your treatment for kidney cancer, your clinician has recommended a period of monitoring, during which you will be followed up by the urology team. This follow-up usually lasts a few years, but your clinicians will tailor the schedule to your particular case.

You will require regular scans and blood tests. As part of this process, 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, to making your own appointment only when you need it.

Your clinical team has recommended that PIFU would be suitable for you, and we are providing you with this leaflet to provide further information about this option. Managing your follow-up in this way is optional; if you would prefer to have regular scheduled appointments instead, then please let us know.

If during the follow-up period you need, or would like to have a PIFU appointment arranged, then you should contact the Urology Clinical Nurse Specialist Team, using the contact details on page 6.

## **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 typically include regular CT scans (see glossary).

We will arrange scans for you as required and you will be sent appointments for the scan by the radiology department once it is arranged, which will usually be closer to the date.

If you have not had a recent blood test to check kidney function when the scan is due, this will need to be performed before the scan can be arranged. You will be advised if this is necessary.

## **Results**

Once the scan has been performed, it will usually take a few weeks to be reported by the radiologist. Once the result has been received, we will write to you with it and make recommendations on next steps.

Often, a further scan will be necessary and we will indicate in the letter when this will be due.

If we feel it would be helpful to see you in clinic, to discuss further or review you in person, then we might invite you to a clinic appointment.

If you have completed your follow-up period and no further scans are required, then we will write to indicate this is the case.

## **Monitoring your health**

Sometimes cancer can reoccur, the purpose of the scans is generally to detect this. However, 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.

It is important to stress that it is unusual for symptoms to indicate cancer recurrence, the scans will usually detect early signs of this long before you are aware of a problem.

## **Signs and symptoms to look out for:**

- **Lungs (respiratory):** new onset shortness of breath or persistent cough.
- **Wee (urinary):** blood in your wee (urine).
- **Bones (skeletal):** new persistent bony pain.

## **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 kidney 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

Telephone: 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 a CT scan?

This test creates detailed images of the urinary tract using X-rays and a computer technology. You will be given an intravenous injection of contrast and will be lying on a table that passes into a large, doughnut-like ring. You will be asked to lie still whilst the scanning takes place. The test takes less than 30 minutes in total.

CT scans involve a dose of ionising radiation from the X-rays used and you should tell staff if you think you might be pregnant. Prior to receiving the contrast injection you will need to have had a blood test in the last three months and you should inform staff if you think you might have an allergy to contrast agents.

## **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 urology cancer clinical nurse specialist team. See contact details on page 6.

## **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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