

Department of Urology

Information regarding telephone follow up on your stable prostate cancer

What is a telephone follow up?

This information leaflet is designed to tell you about the nurse led Telephone Follow up Service and is intended to answer any questions that you may have.

The service was developed as a response to patients comments that they were making too many visits to the Urology Out-patients Department just for the result of a blood test and also remarks regarding travelling and parking issues.

In response to these comments the Telephone Follow up Service was established to offer an assessment of your stable prostate cancer that replaces a visit to the Urology Out- patient Department.

What happens next?

- You should receive a telephone follow up appointment in the post.
- One week before you are due to have your appointment you will need to have a PSA (Prostate Specific Antigen) blood test taken. You should already have a PSA blood request form given to you by one of the Urology Department team at your last urology out patient appointment. If you do not have a request form you can either obtain one from your GP or by telephoning the Urology Nurse Specialist Team.
- You will then receive a telephone call from the Urology Clinical Nurse Specialist. She will confirm her identity and the appointment will



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begin.

- She will inform you of your most recent PSA blood test result and ask about any urinary symptoms and any other questions regarding your disease and treatment. If there are any causes for concern she will arrange for you to be seen in the Urology Out-patient Department as soon as possible.

The Clinical Nurse Specialist will let you know when your next telephone appointment will be and will send the appointment letter plus a PSA blood request form to you in the post.

Your Urology Consultant and GP will be fully informed of your telephone appointment and any planned follow up.

What to do if you have problems before your next appointment

If you experience any new or worsening symptoms as follows, please contact your GP or the Urology Oncology Clinical Nurse Specialist team on 024 7696 5149:

- Pain that is not associated to any existing chronic pain that you may have, for example, arthritis or any pain that is not associated with a strain or injury;
- Poor urinary flow – reduced urinary stream;
- Increased difficulty in passing urine;
- Frequency – having to pass urine more than once every 2 hours;
- Hesitancy – having to wait before beginning to pass urine;
- Nocturia – waking more frequently in the night to pass urine;
- Urgency – very little warning of the need to pass urine.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5149 and we will do our best to meet your needs.

Patient Information

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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