

Urology

Information regarding telephone follow-up for stable prostate cancer

What is a telephone follow-up?

This information is provided to tell you about the nurse-led Telephone Follow-up service and aims to answer any questions that you may have.

The service was developed as a response to patients comments about making too many visits to the Urology outpatients department just to receive blood test results, as well as concerns regarding travel 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 the need to visit the Urology outpatient department.

What happens next?

- You should receive a telephone follow-up appointment letter 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. You should already have a PSA blood request form given to you by the Urology department team at your last outpatient visit. If you do not have this form, you can get one from your GP or by contacting the Urology nurse specialist team.
- You will then receive a call from the Urology clinical nurse specialist, who will confirm their identity before starting the appointment.
- During the call, the nurse will inform you of your most recent PSA blood test results, ask about any urinary symptoms and discuss any concerns



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regarding your condition and treatment. If there are any causes for concern, an in-person visit to the Urology outpatient department will be arranged as soon as possible.

The clinical nurse specialist will notify you of your next telephone appointment and will send the appointment letter with a PSA blood request form to you by post.

Your Urology consultant and GP will be fully updated on your telephone appointment and any future follow-up plans.

What to do if you have problems before your next appointment

If you experience any new or worsening symptoms, please contact your GP or the Urology oncology clinical nurse specialist team on 024 7696 5149. These symptoms may include:

- Pain: Any pain that is not related to an existing chronic pain, such as arthritis or any pain that is not due to a strain or injury.
- Poor urinary flow: Reduced strength of your urinary stream.
- Difficulty passing urine: Increased effort or discomfort when trying to pass urine.
- Frequency: Needing to pass urine more than once every 2 hours.
- Hesitancy: Having to wait before beginning to pass urine.
- Nocturia: Waking up more often at night to pass urine.
- Urgency: Feeling little warning before 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.

The Trust operates a smoke free policy.

Patient Information

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service. Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



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