



University
Hospitals Sussex
NHS Foundation Trust

**WE ARE
MACMILLAN.**
CANCER SUPPORT

Remote monitoring after treatment for prostate cancer

Patient information

What is a remote monitoring programme?

Your clinician has decided to put you on to the remote monitoring programme. This has been specially designed to support you whilst on follow up for your prostate cancer.

Close monitoring will involve 6 monthly PSA blood tests and the expectation that you complete a short symptom questionnaire. Routine outpatient follow up appointments will not be carried out. However, you may be asked to attend an appointment at any time during your follow up period to discuss any results or symptoms you are experiencing. We will contact you with your results or if you need an appointment.

Will I still speak to my specialist doctor or nurse?

Please be assured that you will still have access to support when and if you need it. The oncology co-ordinator works closely with your consultant and specialist nurse team and will be available to offer information and support over the phone and will escalate your concerns. If your specialist team feels that you should be seen because of any symptoms you are experiencing, we will organise an appointment for you.

How long does remote monitoring last?

Every patient is different so we can't specify how long our remote monitoring programme will last. This will depend on your initial diagnosis as well as the type of treatment you received. Specific information about your follow up will be included in your last clinic letter.

How often will I be contacted?

You will be required to have six monthly PSA blood tests and to fill in the symptom questionnaire so that we can monitor any symptoms you may be experiencing. We will write to you with your results. If you have any concerns in between your blood tests you can contact us.

How will I know if my cancer comes back?

We will be monitoring your PSA blood tests on a six-monthly basis. The first signs of prostate cancer recurrence are noticed from blood tests alone. There are specific criteria regarding your PSA levels which will trigger an appointment with the clinical team.

Who do I talk to if I am worried about my PSA blood results?

Please contact the urology follow up coordinator in the first instance at uhsussex.uro-oncfollowupcoordinator@nhs.net or by telephone **01444 441881 Ext. 6888**

Will I need another scan?

You will likely only need a scan if your PSA begins to rise, or you alert us to any concerning symptoms.

If I call the follow up coordinator will you answer the phone?

We try to answer all calls during normal working hours. However, if we are not able to we ask that you leave a clear message on our answer phone. Please leave the following information.

- Your full name and date of birth
- Your hospital ID number and/or NHS number
- A telephone number where we can call you during working hours (between 8am – 4pm).

This is NOT an emergency service, but we will try to contact you within 48 hours of your query. If you feel unwell or need urgent help you should call your GP, 111 or 999 for assistance.

What if I am worried about symptoms?

Whilst on this pathway you still have access to the Macmillan Specialist team. They can be contacted on **01273 067800** or alternatively uhsussex.urologymacnurses@nhs.net. They will be able to support you with these side effects.

Useful contacts and information

Single point of contact

Email: uhsussex.uro-oncfollowupcoordinator@nhs.net

Telephone: **01444 441881 Ext: 63888**

Urology Macmillan Nurses University Hospitals Sussex

Email: uhsussex.urologymacnurses@nhs.net

Telephone: **01273 067800**

The Macmillan Horizon Centre in partnership with the Sussex Cancer Fund

Telephone: **01273 468770**

www.macmillan.org.uk/horizoncentre

Macmillan Cancer Support - Financial, practical, emotional and physical.
Free Helpline - **0808 808 0000**

www.macmillan.org.uk

Prostate Cancer UK

www.prostatecanceruk.org

Telephone: **0800 074883**

PCaSO – Prostate cancer support organisation covering Sussex, Dorset, Hampshire, and surrounding areas. A charity run by volunteers all of whom have gone through treatment for prostate cancer and are keen to talk about their own experiences. Join us for free.

PCaSO - Prostate Cancer Support Organisation

Email: chair@pcaso.org

Telephone: **07879 903407**

www.pcaso.org

Citizens Advice Bureau

www.citizensadvice.org.uk

NHS Live Well - Diet, Exercise, Smoking and Alcohol Advice.

www.nhs.uk/live-well/

Brighter Outlook – Activity through and after cancer

www.albioninthecommunity.org.uk

Telephone: **01273 668591**

Email: brighterloutlook@albioninthecommunity.org.uk

Mid Sussex Prostate cancer support group

www.midsussexprostate.uk/support

Email: info@midsussexprostate.uk

Micks - seek to support ALL men, who are going through diagnosis, treatment, recovery, or are supporting/caring for those with cancer –

Men Only Tuesdays at the Macmillan Horizon Centre

Marc: MValentine-vol@macmillan.org.uk

Victor: vDiGiorgio@macmillan.org.uk

Movember - Changing the face of men's health - Movember

www.uk.movember.com

**This leaflet is intended for patients receiving care
in Brighton & Hove or Haywards Heath**

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