

PSA remote monitoring

Department of Urology

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Information for Patients

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What is PSA remote monitoring?

The best way of identifying that you may need more treatment for your prostate cancer is through a 'PSA test'. This is a blood test which can be taken at your GP surgery or local hospital.

PSA (prostate specific antigen) is a protein made by the prostate gland, which naturally leaks out into the blood. The PSA test measures the level of PSA in your blood. A rising PSA level can be a sign of prostate cancer or its return.

The PSA Remote Monitoring Service is a computerised system which is used to monitor your PSA blood test results for up to 10 years. The system will alert the team if your PSA rises above what is normal for you. The system is monitored by a member of the team. If you need further tests or investigations, you will be contacted to arrange these.

Why is remote monitoring suitable for me?

Your consultant has selected you for PSA remote monitoring because this is the best way of monitoring your progress following your treatment, or whilst on treatment, for prostate cancer.

Following your treatment for prostate cancer, you will need to have regular PSA tests. Your consultant will tell you how often you need to have these done, but it will usually be every 3, 4, 6 or 12 months, depending upon the treatment you have had and your progress.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

How does remote monitoring work?

You will receive a letter informing you when you need to have your blood test. Your blood test needs to be within two weeks either side of the date in the letter. This blood test can be done at your GP surgery or at any hospital in Leicestershire and Rutland.

Your results are then sent back to us and if the PSA level is within the range that is normal for you, you will receive a letter which will contain your result, a date for when your next blood test is due and a blood form.

If the PSA level has gone up, this will be reviewed by the nurse specialist and we may ask you to repeat your blood test sooner and/or a nurse may call you to discuss this.

If we have not received your blood test you will be sent a reminder at the end of the following month to when your test was due.

Signs and symptoms to report

The following is a list of the signs and symptoms which you need to tell your doctor or nurse about following your treatment for prostate cancer:

- Increased urinary problems, such as frequently waking to pass urine or blood in the urine.
- Stiffness or frequent soreness in areas such as the lower back, hips and thighs.
- Swelling in the legs or pain in the pelvic region.
- Aches and pains in the bone that last more than 2 weeks and that are not relieved by simple painkillers.
- Unexplained weight loss.
- Loss of appetite.
- Opening your bowels often or urgently, especially at night, and/or blood in your stool.

What are the benefits of remote monitoring?

With the PSA remote monitoring system you will not be routinely called for a follow-up appointment at the hospital if your PSA levels are normal and you are symptom-free which means:

- You will not have to make unnecessary trips to the hospital.
- You no longer have to take time off from work, travel to the hospital or pay parking.

But, if you need to come to clinic, it will allow us to see you more quickly.

- You can phone your key worker with any concerns relating to your prostate cancer.
- You will receive an improved experience of care, with a specialist nurse monitoring your care.

Please remember:

- It is important for you to have your PSA blood test when it is due.
- It is normal for the PSA level to vary slightly between tests; certain factors may cause a spike in PSA level, including urinary tract infections, vigorous exercise, recent catheterisation or recent ejaculation.
- Please note that if you are getting your bloods done at your GP practice, it is your responsibility to book these appointments around when you are due; Your GP practice is not responsible of reminding you and/or pre booking these appointments in for you.
- The dates we provide are to be used as a rough guide as to when we require a PSA test from you, if you cannot get your bloods done on the dates provided, please just book in with your GP for as soon as possible around that date or you can attend one of our three hospitals.
- UHL Blood rooms offer a walk in service and are open Monday-Friday (excluding bank holidays) 08:00-17:00 (last patient accepted at 16:50) Please ensure you take the blood form we provide.
- If you are experiencing any of the symptoms listed on page 2, please let us know as soon as possible.
- Telephone messages to your key worker will not be picked up at weekends or on bank holidays. In the unlikely event of a prostate-related emergency occurring at the weekend or on a bank holiday, you will need to contact your out of hours GP service.



Useful contacts

PSA Remote Monitoring Service: 07966995245

Monday to Friday: 8am to 4pm

Macmillan Information and Support Centre

Osborne building, Leicester Royal Infirmary

Leicester, LE1 5WW

Telephone: 0116 258 6189

Email: uhl-tr.cancerinformationcentre@nhs.net

Website: www.uhleicester.nhs.uk

Prostate Cancer UK

National prostate cancer charity

Telephone: 0800 074 838

Macmillan Cancer Support

For information and support from cancer support specialists

Freephone: 0808 808 0000

Monday to Sunday 8am to 8pm

Website: www.macmillan.org.uk

Cancer Research UK

Ask specialist nurses about anything to do with cancer.

Freephone: 0808 800 4040

Website: www.cancerresearchuk.org

Prostaid

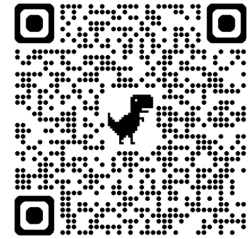
Local prostate cancer charity. Five groups in Leicester, Leicestershire and
Nothamptonshire.

Patient helpline: 0844 800 7801

Email: info@prostaid.co.uk

Please scan the QR code for more information or visit www.prostaid.co.uk

(if you require a hard copy, please do get in touch for one to be sent out).



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અસ્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net