

PSA remote monitoring for active surveillance

Department of urology

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Information for Patients

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What is Prostate Active Surveillance?

The best way of knowing that you may need treatment for your prostate cancer is through a 'PSA test'. This is a blood test which can be taken at your GP Surgery/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 your prostate cancer progressing.

The PSA Active Surveillance Service involves using a computerised system which is used to monitor your PSA blood test results indefinitely or until treatment is needed. The system will alert the team if your PSA rises above what is normal for you. The system is checked regularly by a member of the team. If you need further tests or investigations, you will be contacted for these to be arranged.

Why is Active Surveillance suitable for me?

Your consultant has selected for you to be added onto PSA Active Surveillance. This is the best way of monitoring your care following your diagnosis of prostate cancer. Your consultant will tell you how often you need to have these tests done. It will usually be every four to six months.

**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 Active Surveillance work?

For the first year following your diagnosis you will have your PSA test done every 4 months. At the 1 year mark you will have a repeat MRI scan, if this can be tolerated. If your MRI scan and PSA results remain stable after 12 months, and you are happy to continue on the Active Surveillance programme, you will then go on to have your PSA level checked every 6 months.

If you are not new to Active Surveillance and you have been using this service for numerous years then you will remain on 6 monthly PSA's.

You will get a letter telling 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 sent back to us and if the PSA level is within range, 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 there is a concern with your PSA result you will be contacted and the appropriate follow up will be discussed with you and arranged.

If we have not received your blood tests you will be sent a reminder.

Signs and symptoms to report

Following your diagnosis of prostate cancer, if you develop any of the following signs and symptoms you need to make your doctor or nurse aware:

- Increased urinary problems, such as frequently waking to wee, or blood in your wee.
- 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.
- Having a poo more often or urgently, especially at night, and/or blood in your poo.

What are the benefits of Active Surveillance?

- You will not have to make unnecessary trips to the hospital.
- You no longer have to take time off from work, pay to travel or pay for car parking fees for unnecessary appointments.
- When you need to come to clinic, it will allow us to see you more quickly.
- You can phone your key worker with any concerns about your prostate cancer.

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

Prostate Cancer Clinical Nurse Specialists

Telephone : 0116 258 8328

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

Prostaid

Local prostate cancer charity. Runs five support groups in Leicester, Leicestershire and Northamptonshire.

Patient helpline: 0844 800 7801

Website: www.prostaid.co.uk

Prostate Cancer UK

National prostate cancer charity.

Telephone: 0800 074 838

Website: www.prostatecanceruk.org

Macmillan Cancer Support

For information and support from cancer support specialists.

Freephone: 0808 808 00 00

Website: www.macmillan.org.uk

Cancer Research UK

Ask specialist nurses about anything to do with cancer.

Freephone: 0808 800 4040

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 અન્ય 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