

# PSA remote monitoring for active surveillance

Department of urology

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Information for Patients

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## What is PSA remote monitoring?

The best way of knowing 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.

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 involves using a special computerised system which your urology oncology team uses to monitor your PSA blood test results. 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 more tests or investigations, you will be contacted to arrange these.

## Why is remote monitoring suitable for me?

Your consultant has asked you to have PSA remote monitoring. This is the best way of checking your progress following your diagnosis of prostate cancer, or whilst you stay on treatment for 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](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## How does remote monitoring work?

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.

If the PSA level is within the range that is normal for you, you will receive a letter telling you this and when your next PSA test will be due. A blood form will also be included with this. 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.

If the urology oncology team is concerned about your PSA level, you will be contacted by the Physician Associate or the Prostate Cancer Nurse Specialist and a letter will be sent to you offering you an appointment to attend clinic.

If we have not received your blood tests within two weeks, you will be sent a reminder.

## 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 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.
- Continuous bone pain that is not eased 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 remote monitoring?

- You will not have to make unnecessary trips to the hospital.
- You no longer have to take time off from work or pay travelling or parking charges 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.
- If you are having any of the symptoms listed above, 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: [cancerinfo@uhl-tr.nhs.uk](mailto:cancerinfo@uhl-tr.nhs.uk)

Website: [www.leicestershospitals.nhs.uk/cancerinfo](http://www.leicestershospitals.nhs.uk/cancerinfo)

### Prostaid

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

Patient helpline: 0844 800 7801

Website: [www.prostaid.co.uk](http://www.prostaid.co.uk)

### Prostate Cancer UK

National prostate cancer charity.

Telephone: 0800 074 838

Website: [www.prostatecanceruk.org](http://www.prostatecanceruk.org)

### Macmillan Cancer Support

For information and support from cancer support specialists.

Freephone: 0808 808 00 00

Website: [www.macmillan.org.uk](http://www.macmillan.org.uk)

### Cancer Research UK

Ask specialist nurses about anything to do with cancer.

Freephone: 0808 800 4040

Website: [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة 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

Previous reference:

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