

PSA remote monitoring

Department of Urology
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.

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 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 three, six 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.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

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.

If the PSA level is within the range that is normal for you, you will receive a letter confirming this and telling you when your next PSA review 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 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 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.
- Continuous bone pain that is 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?

- 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 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.
- 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, 9am to 5pm

Macmillan Information and Support Centre

Osborne Building, Leicester Royal Infirmary,
Leicester LE1 5WW

Telephone: 0116 258 6189

Email: cancerinfo@uhl-tr.nhs.uk

Website: 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

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

Website: 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

જે કુર્મીં ઇંચ નાજવારી કિમે હેર ડામ્મા દિચ ચાહુંદે હે, ડાં વિરખા વરહે હેઠાં દિંડે ગદે નંબર 'હે ટેલીફોન વરે।

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

Previous reference:

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