

Contact your doctor or specialist nurse urgently on 07879 890359 if you experience any of the following symptoms:

- a tingling feeling like electric shocks down your spine and into your legs or arms
- any stiffness, numbness or heaviness in your legs that affects your balance and walking
- a new feeling of weakness in your legs or arms
- back pain that is severe, distressing or different from your usual pain
- pain that is like a band squeezing your chest
- loss of control of your bladder or bowels.

Alternatively, contact your GP or go to your local A&E department.

Contact us

Patient Advice and Liaison Service (PALS) – To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's

e: pals@gstt.nhs.uk

Language support services – If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

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The nurse-led prostate cancer follow-up clinic

For men being treated with hormone therapy

The aim of this leaflet is to answer any questions you may have about the nurse-led prostate cancer follow-up clinic. If you have any further questions or concerns, please speak to a doctor or nurse caring for you.

Your specialist nurse is: **Louisa Fleure**

e: louisa.fleure@gstt.nhs.uk

t: 020 7188 7339 (answer phone available)

m: 07879 890 359 (answer phone available)

What is the clinic?

The clinic is for men who are being treated with hormone therapy for their prostate cancer. How often you attend the clinic will depend on your health and your symptoms. Your specialist nurse will let you know how often we need to see you.

Where do I need to go?

The clinic is in the Urology Centre, 1st Floor, Southwark Wing, at Guy's Hospital.

What do I need to bring with me?

Please bring details of any medication you are taking.

What can I expect at my appointment?

At your appointment, your specialist nurse will:

- ask about any side effects you may be experiencing due to your hormone therapy
- check whether you are experiencing any pain or urinary problems
- talk with you about your needs to make sure you are getting the right information and support.

We will also want to check your PSA (prostate specific antigen) levels. Regular PSA blood tests are an important part of follow-up for men with prostate cancer. This is because PSA levels give us an idea of how well you have responded to treatment.

We will need you to have a PSA blood test before your appointment. We will give you a form for a blood test to be done two weeks before you are next due to visit us. If it is difficult for you to come to Guy's or St Thomas' Hospital for this, then we will ask your GP to arrange your blood test.

Blood testing departments (no appointment needed):

- St Thomas' Hospital, Ground Floor, Lambeth Wing
Monday–Friday, 8.30am–6pm.

You can also attend the urology centre for blood tests at the following times:

- Tuesday, 2pm–5pm
- Wednesday, 9am–12.30pm
- Thursday, 9am–5pm.

What should I do if I have problems in between my appointments?

It is important that you contact your specialist nurse between your appointments if you have any new or worsening episodes of the following symptoms:

- your urinary stream or flow becomes weaker
- you are unable to hold your urine
- you are having to pass urine more frequently than usual
- you are having to get up in the night to pass urine more often than usual
- you don't feel that you are emptying your bladder properly
- you notice a new pain that is not associated with any strain, injury or chronic condition (for example, arthritis).