

# 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.**

## **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 medications you are taking.

## **What can I expect at my appointment?**

At your appointment, your specialist nurse will:

- ask about any side effects that 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.
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We will also want to check your prostate specific antigen (PSA) 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).

Contact a health professional urgently 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.

If you are unable to speak to your own doctor or nurse, call acute oncology or go to your local Emergency Department (A&E).

## Contact us

Acute oncology on **t:** 020 7188 3754.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

## Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815    **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

**Leaflet number: 2678/VER3**

Date published: December 2017

Review date: December 2020

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A list of source is available on request