

The prostate cancer clinic

This leaflet explains more about your appointment in the prostate cancer clinic. If you have any questions or concerns, please phone 020 7188 7341 or call the prostate cancer nurse specialists on 020 7188 7339.

What is the prostate cancer clinic?

The clinic provides assessment, care and treatment for men with prostate cancer. It brings members of the multidisciplinary team (urologists, oncologists, specialist nurses and research radiographers) to one place so that patients do not have to travel around the hospital for different appointments.

Who will I see in the clinic?

You will be seen in the clinic by a urology or oncology consultant or specialist registrar. Four prostate cancer clinical nurse specialists and two specialist clinical radiotherapy researchers also support the clinic.

What will I need to do before my appointment?

You may need to come to the hospital before your appointment to have a blood test. You will be sent a letter if we need you to do this. It is important that you do get this done as it will help us make a decision about the treatment you will need.

What can I expect at my appointment?

When you arrive at the clinic the clinic clerk will give you two forms to fill in:

- IPSS score (a questionnaire that assesses your waterworks)
- IIEF score (a questionnaire that assesses your sexual function)

These forms give us more information about your current situation and allow us to plan treatment more effectively.

You will then be asked to take your notes to the nurses' desk. The nurse at this desk may ask you to complete some additional paperwork or ask you to prepare yourself for further tests, such as:

- Blood tests:** It may be necessary to take some additional blood tests.
- Flow rate:** This is a test which measures the rate of your urinary flow. You will need to have a full bladder and will be asked to pass water into a special machine.
- Ultrasound:** An ultrasound scan is a painless test that uses sound waves to create images of organs and structures inside your body.

- **Prostate ultrasound:** A thin ultrasound probe is inserted into your rectum. The doctor or nurse can then take pictures of your prostate and measure its size.
- **Prostate biopsy:** A prostate biopsy is where small samples of tissue are taken from your prostate gland, using an ultrasound. An anaesthetic is injected around your prostate to reduce discomfort.
- **X-ray:** X-rays are a type of high-energy radiation. The rays pass easily through fluids and soft tissues of the body and can give a picture of internal organs and structures.

After your clinic appointment one or more of the following tests may be organised:

- **CT scan:** A CT (computerised tomography) scanner is a special kind of x-ray machine. Unlike ordinary x-rays (which send out a single x-ray through your body), a CT scan sends several beams at the same time from different angles. This allows doctors to inspect the inside of the body. They do not hurt.
- **MRI scan:** The MRI (magnetic resonance imaging) scan uses magnetic and radio waves, meaning that there is no exposure to x-rays or any other forms of radiation. The patient lies inside a large, cylinder-shaped magnet. The scan is painless, but can be quite noisy. An MRI scan is able to provide clear pictures of parts of the body that are surrounded by bone.
- **Bone scan:** This involves an injection followed by a body scan. It is primarily used to help diagnose a number of conditions relating to bones.

How long should I expect my appointment to last?

Please allow a couple of hours for your appointment, as you may require a number of tests during the consultation.

What will I need to bring to the prostate cancer clinic?

Please bring anything that will help us understand your situation better, for example, a list of current medications, including those prescribed by your GP, medicines you have bought yourself or alternative medicines, such as herbal remedies. If you are being referred from another hospital, please bring any relevant correspondence.

Do I need to bring anyone with me?

You don't have to bring anyone with you to clinic but most people find that it is useful bring someone with them to the consultation.

If you need help with translation, we will organise an interpreter if you let us know in advance that you need one.

How long will I have to wait for an appointment?

We try to see people within two weeks of receiving a referral letter. Please remember that you must be referred by your doctor, nurse or your GP. We are not able to accept self-referrals or see anyone without an appointment.

Contact us

If you have any questions or concerns about anything you have read in this leaflet, please phone us on **020 7188 7341** or call the prostate cancer nurse specialists on **020 7188 7339**.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Further information

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

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

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

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

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Leaflet number: 2831/VER3

Date published: January 2017

Review date: January 2020

© 2017 Guy's and St Thomas' NHS Foundation Trust