



Royal Berkshire
NHS Foundation Trust

Prostate exam clinic:

Radical prostatectomy patient plan

This folder provides you with information regarding your diagnosis, treatment plan and follow-up, as well as contact details and information regarding the team involved in your care.

Please bring this document to all urology hospital appointments and use the table to fill in any PSA blood results.

This plan belongs to: _____

Hospital number: _____

Consultant in charge of care: _____

Presenting PSA: _____

Diagnosis:

Right

Left

Gleason: _____

Cores: _____

Volume: _____

PSA blood test results

Months post diagnosis	Date	PSA value	MRI result if appropriate	Biopsy result if appropriate
0				
3				
6				
8				
12 (1 year)				
18				
24 (2 years)				
30				
36 (3 years)				
42				
48 (4 years)				
54				
60 (5 years)				
72 (6 years)				
84 (7 years)				
96 (8 years)				
108 (9 years)				
120 (10 years)				

Follow-up summary

Individual plan *after* first postoperative review

Please have PSA blood test between 2 weeks and 72 hour before appointment.

Time point	Patient action
3 months	Please have PSA blood test, meet your GP to discuss medication to help with erections if appropriate and continue with pelvic floor exercises. You will receive an appointment to be seen/ be contacted by a member of the Urology team.
6 months	Please have PSA blood test and continue with pelvic floor exercises. You will receive an appointment to be seen/ be contacted by a member of the Urology team.
9 months	Please have PSA blood test and continue with pelvic floor exercises. You will receive an appointment to be seen / be contacted by a member of the Urology team.
12 months	Please have PSA blood test. Inform your urologist at this appointment if you are still using incontinence pads. You will receive an appointment to be seen/ be contacted by a member of the Urology team.
16 months	Please have PSA blood test and be available for your telephone appointment.
20 months	Please have PSA blood test and be available for your telephone appointment.
24 months	Please have PSA blood test and be available for your telephone appointment.
24 months to 5 years after surgery	Please have a PSA blood test every 6 months, and you will receive your result through the post or email.
After 5 years	Please have a PSA blood test every 12 months.

Urology Department contact details

Appointments	0118 322 8629
Clinical Administration Team	0118 322 8629 Email: rbb-tr.CAT3a@nhs.net
Cancer Nurse Specialists	0118 322 7905
Hopkins Ward	0118 322 7771

Amplitude* contact details

Customer Support	0333 014 6363
E-mail address	customer.support@amplitude-clinical.com

*Amplitude is supporting this department by recording and comparing your physical progress and wellbeing, as well as your quality of life, before and after a urological procedure

Please ask if you need this information in another language or format.