



**Royal Berkshire**  
NHS Foundation Trust

Prostate exam clinic:

# Watchful waiting 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)        |      |           |                           |                              |

## **What is watchful waiting?**

Watchful waiting is a different way of monitoring prostate cancer that isn't causing any symptoms or problems. The aim is to keep an eye on the cancer over the long term. If you choose watchful waiting, you won't have any treatment unless you get symptoms, so you'll avoid the side effects of treatment. If you do get symptoms, you may be offered hormone therapy to control the cancer and help manage symptoms.

Watchful waiting involves having fewer tests than active surveillance. It's generally suitable for men with other health problems who may not be fit enough for treatments such as surgery or radiotherapy. It might also be suitable if your prostate cancer isn't likely to cause any problems during your lifetime or shorten your life.

## **What is PSA?**

PSA stands for prostate specific antigen. This is a naturally occurring substance measured by a blood test and is used to monitor activity from the prostate cells in the body.

## **What is Gleason grade?**

If there is prostate cancer in your biopsy samples, they are given a Gleason grade. This grade tells you how aggressive the cancer is – in other words, how likely the cancer is to grow and spread outside the prostate. When cancer cells are looked at under the microscope, they have different patterns, depending on how quickly they are likely to grow. The pattern is given a grade from 1 to 5. This is called the Gleason grade. If a grade is given, it will usually be 3 or higher, as grade 1 and 2 are not cancer.

An overall Gleason score is worked out by adding together two Gleason grades. The first is the most commonly seen grade in all the samples (i.e. representing the 'typical' grade). The second is the highest grade seen in the sample (i.e. indicating the grade in the most affected cells). When the most common and the highest grade are added together, the total is called the Gleason score.

## **What is doubling time?**

This is the time taken for the PSA to double. This is worked out by looking at a number of PSA values over time. It is a measure of how quickly a cancer may be growing.

Further information is available through your cancer nurse specialist or at [www.prostatecanceruk.org](http://www.prostatecanceruk.org)

## **What was the bone scan for?**

You might have a bone scan if there's a chance your cancer has spread outside the prostate. A bone scan can show whether any cancer cells have spread to the bone. This is a common place for prostate cancer to spread to.

Further information is available through your nurse specialist or at [www.prostatecanceruk.org](http://www.prostatecanceruk.org)

## Watchful waiting

### Individual plan *after* diagnosis

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

| Time point     | Patient action                                                                                                         |
|----------------|------------------------------------------------------------------------------------------------------------------------|
| 4 months       | Please have PSA blood test. You will receive an appointment to be seen / be contacted by a member of the Urology team. |
| 8 months       | Please have PSA blood test. You will receive an appointment to be seen/ be contacted by a member of the Urology team.  |
| 12 months      | Please have PSA blood test. You will receive an appointment to be seen/ be contacted by a member of the Urology team.  |
| Every 6 months | Please have PSA blood test.                                                                                            |

**Note to GP: Patients should be re-referred if PSA doubling time is less than 2 years or patient is symptomatic. If there is an unexpected rise in PSA please repeat test at 4-6 weeks before re-referring.**

### 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

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| <b>Please ask if you need this information in another language or format.</b> |
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RBFT Department of Urology, June 2026  
Next review due: June 2028