

## What to expect in the weeks following your diagnosis of prostate cancer

Your Clinical Nurse Specialists (key workers) are: \_\_\_\_\_

Your recent PSA result is: \_\_\_\_\_

Your Gleason score is: \_\_\_\_\_

### What happens next?

Depending on your Gleason score and PSA, you may need to have some further scans and tests. Your Clinical Nurse Specialist will explain these to you.

Bone scan date: \_\_\_\_\_

Injection at: \_\_\_\_\_

Scan at: \_\_\_\_\_

In the Medical Physics Department, Berkshire Cancer Centre, North Block.

The injection is a dye that allows the scanner to get a clear picture of your bones. You do not have to get undressed and you may leave the department while waiting for the scan.

### MRI or CT Scan

These scans give us a detailed picture of your prostate gland and surrounding areas.

These may or may not be required.

### Flow test

This test calculates the speed of urine flow.

This is performed in Urology Procedures, Level 1, Centre Block. This may or may not be required.

### Follow-up Appointment

This is to discuss the results of the scans and the treatment options. This appointment will be with either the urology or oncology consultant.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

In Urology Procedures, Level 1, Centre Block.

### I have been told I may have a choice of treatments - how do I decide?

You will have been given a booklet that explains in further detail about prostate cancer and its treatment.

In some cases, treatment for prostate cancer can be given in a number of ways and you may be given a choice of treatments. We understand that this can lead to confusion and anxiety and we aim to give you as much advice and support as you need to make such a difficult decision.

At the Royal Berkshire Hospital you will be able to see both an urologist and an oncologist specialising in prostate cancer. You can also speak to one of the specialist nursing team for advice and support.

Many patients also find it very helpful to speak to their GP or to contact relevant support groups. You will find details of these in the booklets your specialist nurse gives you.

### How quickly do I need to decide?

We know that in most cases prostate cancer is slow growing and usually men can take their time deciding which treatment is best for them. But some people need to start treatment straight away and you will be told if this applies to you.

### What about clinical trials?

At the Royal Berkshire NHS Foundation Trust, we actively support and encourage research, as we believe it improves patient care. You may be asked to take part in a clinical trial at some point during your cancer treatment. If this happens you will be able to discuss it with the doctors, nurses and our research team. You are under no obligation to take part in any research study and your decision will not affect the care you receive.

You will also be able to speak to one of the specialist nurses if you wish.

### Who decides what the best treatment is for me?

Your case will be discussed in our multi-disciplinary team meeting.

This is attended by:

- *Urologists* (doctors who specialise in surgery for prostate cancer)
- *Oncologists* (doctors who specialise in radiotherapy and chemotherapy for prostate cancer)
- *Pathologists* (doctors who examine your biopsy sample)
- *Radiologists* (doctors who examine your scans).
- Your specialist nurses
- Members of our research team

### Who can I contact if I have any questions?

If you have any worries or questions please do not hesitate to contact the Uro-Oncology Clinical Nursing Specialist team:

Tel: 0118 322 7905

There is an answerphone so please leave a message and we will get back to you.

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Reading RG1 5AN

0118 322 5111 (switchboard)

[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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