



Follow up information for patients with a Urological Cancer



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You have now completed hospital treatment for your cancer. Hopefully you will not experience further problems in the future but sometimes people do. Your Urology Clinical Nurse Specialist will be happy for you to contact them for help and advice if you have any concerns. If necessary, arrangements can then be made for you to be seen by a doctor if you need further tests or treatment.

This leaflet has been written to guide you about the type of follow up you can expect. It is also intended to help you decide when, or if, you need to contact your Urology Clinical Nurse Specialist and how to do so.

What type of follow up will I have?

This will depend on the type of cancer you have had but is likely to be one of the following:

- Follow up at your Consultant's clinic at regular intervals with blood tests and/or scans or XRay.
- Follow up at your GP surgery with regular blood tests.
- Follow up at an outpatient clinic led by the Urology Clinical Nurse Specialist.

Your Urology Clinical Nurse Specialist will explain which of these is most relevant to you.

When should I contact the Urology Clinical Nurse Specialist?

- If you have symptoms that may worry you such as those mentioned below.

- If you have ongoing physical problems from your treatment that you need help with.
- If you have ongoing emotional or psychological problems resulting from your treatment.

What symptoms should I observe for and report?

- Blood in urine
- Problems with passing water
- New aches/pains in your abdomen, back or pelvis
- Weight loss without dieting or exercise
- Ongoing urinary incontinence
- Changes to bowel movements – if these are new
- Shortness of breath since your treatment
- Pins and needles in your legs
- A lump in your testicle

It is important to remember that most people will not experience any of these symptoms and that even if you experience all of them this does not necessarily mean the cancer has returned.

Emotional recovery after treatment for cancer can take time and you may find you have 'up and down' days for a while. Your Urology Clinical Nurse Specialist or GP will be happy to help if these feelings persist.

When should I see my GP?

Remember that you will still get coughs, colds, aches and pains just like anyone else. Your GP will be happy to treat such problems. If they are concerned about any of your symptoms when they see you they can contact your Urology Clinical Nurse Specialist or Consultant and arrange for you to be seen at the hospital.

Remember if you are unsure about the importance of any of the symptoms you may have, you should contact your Clinical Nurse Specialist or GP.

What information will the Urology Clinical Nurse Specialist need when I telephone?

- Name
- Date of birth
- Hospital number or NHS number if you have it
- Telephone number
- Details of symptoms
- List of medications you are taking

What will happen after I have telephoned?

Sometimes problems may be the result of your cancer treatment, the cancer itself or have nothing to do with the cancer at all. We may need to see you at the hospital to decide which of these is the case.

When you telephone, your Urology Clinical Nurse Specialist may suggest one of the following:

- An appointment in your Consultant's clinic
- Attendance at the ward
- An appointment with the Clinical Nurse Specialist
- Reassure you that no intervention is needed

A record of your call will be kept for future reference.

Where and how can I contact the Clinical Nurse Specialists in Urology?

At **The Royal Sussex County Hospital** on: 01273 696955 ext 7800

At **The Princess Royal Hospital** on: 01444 441881 ext 8068

Notes

If you require this document in a language other than English please inform your interpreter or a member of staff.

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Se precisa deste documento noutra língua por favor informe o seu interprete ou um membro do pessoal.

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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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