



iQudos Stable Prostate Cancer Monitoring Service - Patient Guide

Your consultant has reviewed your case and has referred you to be monitored by a GP practice using the Stable Prostate Cancer monitoring service. This brief guide explains the very simple steps which take place twice a year to ensure you are safely cared for.

Your allocated GP practice will arrange a suitable date and time for your initial telephone based follow-up. This will usually be around 6 months from the date you last spoke to or visited your consultant. The practice will send you a confirmation letter, check to ensure all the details are correct, especially the phone number since they will use this number to call you. If for any reason the appointment is not convenient, just contact the surgery operating the service to re-arrange.

At the bottom of your confirmation of appointment letter is a laboratory request slip, which details your name, address and NHS number. You need to ensure you have your bloods taken at least 14 days before the nurse is due to call you. You may have your blood sample taken at your GP or another location, your GP will let you know.

On your appointment day, ensure you have your phone close by. The specialist nurse will discuss your blood test result (PSA) and will ask you some brief medical questions which are recorded into a computer system for analysis. It is very important to give honest answers.

Depending upon the test results you will either be provided another check-up date and time or the nurse may need to discuss your assessment with your consultant.