

Isle of Wight Urology Cancer Support Group – (contact Number 407662)

PROSTATE PATH-WAY for RADIOTHERAPY PATIENTS

Following **confirmation of prostate cancer** (via biopsy) by Urology Consultant the patient will have a MRI scan. The patient will then be discussed at a meeting of clinicians in Portsmouth. If radiotherapy (RT) is recommended, the patient will commence hormone treatment and be booked to see a clinical Oncologist on IOW with a view to starting RT three to six months later.



Two preliminary sessions at Q.A. Hospital for Planning scan and checking the RT Plan (patient makes own provision for travel and must bear their own costs)



Radiotherapy sessions commence at Q.A. hospital. (Transport arrangements as follows:

- a). All patients travel as a group on 1015 Hover-craft (NHS daily return £9.00 – refundable)
- b). Taxi transfer to Q.A. as a group
- c). All IOW patients seen sequentially when they arrive, so it is important to ignore the appointment times
- d). You will be required to fill their bladder with about 500 ml of water before treatment, if you anticipate having difficulty holding your urine let either the staff know or the group 'runner'.
- d). Meet in McMillan 'rest' area after treatment. Taxi transfer back to Hovercraft terminal.



During radiotherapy sessions there is at least one opportunity for patients to **meet with the Q.A. Prostate Cancer Nurse (Cathy Flook)**. This is especially an opportunity to discuss any adverse effects of the radiotherapy as well as gaining information on related subjects.



Towards the end of the radiotherapy treatment you will **meet with a Q.A. clinician**. In addition an appointment will be made for you to meet with them approximately 6 weeks after treatment concludes.



Radiotherapy concludes



Blood Test: The blood test form for PSA will be issued from St. Mary's Urology Clinic but you need to take responsibility for ordering this from the Urology Specialist nurse (sonya.allen@iow.nhs.uk or tel. No. 534163) It should be ordered approx. 14 days before your appointment, blood test taken 7 days before appointment , this gives a week for the blood test itself to be analysed.



Approximately 6 weeks after treatment you **meet with Q.A. clinician** usually at St. Mary's hospital, but you may be offered the opportunity to meet at Q.A. At this meeting you should expect there to be a focus on any adverse affects you may have experienced from the radiotherapy. But you should also expect to hear how the Trust intends to evidence that the treatment has been therapeutic. You will be advised on how long hormone treatment should continue – this will vary from patient to patient. The Q.A. clinician will at this meeting give you the choice of surveillance being monitored either through the local Urology centre or your GP (patients in the past have usually chosen the Urology centre).



A regime of **continuing surveillance of PSA levels via blood tests** will be established at agreed intervals of 3 – 6 months. This will continue until further notice. MRI scans and or Biopsies will not be part of this regime unless the PSA reading indicates rising risk. 1 week before your appointment you will be required to have a blood test (the form will usually be given to you at your previous appointment).