

## Isle of Wight Urology Cancer Support Group

### SURGICAL PATH-WAY for PROSTATE PATIENTS

Following **confirmation of prostate cancer** (via a 'not within the limits' PSA test and a Biopsy) by Urology Consultant the patient will have a MRI scan. The patient will then be discussed at a meeting of clinicians in Portsmouth.



Should you be offered **surgery** an appointment will be made for consultation with a surgeon at the Urology outpatients dept. at Q.A. hospital in Portsmouth. At this stage you will be advised on surgical method and possibility of 'nerve sparing' (see note 4 below). If you decide to accept surgery you will be sent an appointment for your pre-op medical and a date for admission to surgery.  
n.b. During this appointment it is important to contact the specialist nurse with regards to guidance on Pelvic Floor exercises, these should be practised prior to and after surgery to reduce the risk of incontinence.



**SURGERY:** This takes place either on day of admission or the following day and will involve staying at QA for a further 3 or 4 days before discharge. You will leave hospital with a Catheter and an appointment to return to QA outpatient dept. to have this removed after a further 18 days. You will be given advice on the use of the Catheter and referred to District Nurses at your GP surgery.



**Follow up session with your surgeon:** After a further 3 or 4 weeks you will again have an appointment with your surgeon to review the results of your treatment. 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). In either event your continued progress will be monitored through further PSA tests and continuing surveillance.



**Blood Test:** The blood test form for PSA will be issued from St. Mary's Urology Clinic but it is important that you take responsibility for ordering this from the Urology Specialist nurse ([sonya.allen@iow.nhs.uk](mailto:sonya.allen@iow.nhs.uk) or tel. No. 534163) This should be ordered approximately 2 weeks before your appointment (this includes a week for the blood test itself to be analysed).

## **NOTES**

1. **BIOPSY** : If you are taking blood thinning medication it is worth enquiring whether you should take any action prior to your biopsy.

### **2. Reimbursement of Travel Expenses to Q.A.:**

A. You are allowed to claim reimbursement of passenger fares for ferry travel. To do so obtain an 'Application for Reimbursement of Ferry Expenses' form by contacting the Primary Care Trust on Tel (01983) 822099 Ext 6593 or 6274. You can also collect forms from the kiosk inside the main entrance at St. Mary's hospital. You will note that the form does not refer to Surgery, however claims are accepted for passenger travel to the Q.A. for surgery and planning appointments using this form.

Continued :

**3. Q.A. Hospital Car Park:** When visiting any department with regard to Cancer Treatment you may be able to obtain a slip for this concession from the inquiry desk of that department.

A. Collect your car park ticket as normal on arrival

B. Take this with your concession slip (if allowable) to the information desk (Level A near main entrance).

C. You will be given the correct ticket to insert in the car park payment machine.

D. the Charge as of December 2011 is £1.60

4. **NERVE SPARING:** This may improve the prospects for sexual activity after surgery.

5. **Further Guidance:** Should you require any further guidance with regard to your pathway to treatment please contact the Uro-Oncologist Nurse specialist (01983 – 534163) or the IOW Urology Cancer Support Group (01983 – 407662)