

# The suspected Prostate Cancer clinic

## Information for patients attending appointments at King's College Hospital

This leaflet explains more about your appointment in the suspected prostate cancer clinic. If you have any questions or concerns, please phone the urology specialist nurses on 020 3299 4352/1371.

### **What is suspected prostate cancer clinic?**

Following your initial visit to your GP and their referral to the hospital, this clinic provides further clinical assessment, which will include further tests and investigations.

### **Who will I see in the clinic?**

You will be seen in the clinic by one of our **Urology Nurse Specialists** who will carry out your complete clinical assessment.

### **What can I expect at my appointment when I arrive?**

When you arrive at the clinic after checking in, you will be seen by one of the outpatient nursing staff and asked to do the following:

- **Complete an IPSS form** (a questionnaire that assesses your waterworks)
- **To prepare for a Flow rate test:** This is a test which measures the rate of your urinary flow. You will need to have a full bladder and will be asked to pass water into a special machine.

This provides important information which may be required in order to plan your treatment more effectively.

### **Confirming your identity**

Before you have a treatment or procedure, our staff will ask you your name and date of birth and check your ID band. If you do not have an ID band we will also ask you to confirm your address. If we do not ask these questions, then please ask us to check. Ensuring your safety is our primary concern.

## What can I expect when I see the Urology nurse specialist?

### The nurse will undertake the following:

- Take a full medical history
- Further bloods tests may be required
- Rectal examination (prostate assessment)
- Review of your flow rate test

Based on the results of this initial assessment, you may be asked to undergo the following further tests; these may include:

- **MRI scan:** The MRI (magnetic resonance imaging) scan uses magnetic and radio waves, meaning that there is no exposure to x-rays or any other forms of radiation. The patient lies inside a large, cylinder-shaped magnet. The scan is painless, but can be quite noisy. An MRI scan is able to provide clear pictures of parts of the body that are surrounded by bone.

**NB:** It is possible that you will have the MRI scan on the same day as your appointment.

- **Bone scan:** This involves an injection followed by a body scan. It is primarily used to help diagnose a number of conditions relating to bones.
- **Prostate biopsy:** A prostate biopsy is where small samples of tissue are taken from your prostate gland, using an ultrasound. An anaesthetic is injected around your prostate to reduce discomfort.

## How long should I expect my appointment to last?

Please allow a couple of hours for your appointment, as you may require a number of tests during the consultation.

## What will I need to bring to the prostate cancer clinic?

Please bring anything that will help us understand your situation better, for example, a list of current medications, including those prescribed by your GP, medicines you have bought yourself or alternative medicines, such as herbal remedies. If you are being referred from another hospital, please bring any relevant correspondence.

## Do I need to bring anyone with me?

You don't have to bring anyone with you to clinic but most people find that it is useful to bring someone with them to the consultation. If you need help with translation, we will organise an interpreter if you let us know in advance that you need one.

## Further information

**The Prostate Cancer Charity** – Provides support and information for men with prostate cancer.

Tel: 0845 300 8383

Web: [www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)

## PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 3601

Email: [kch-tr.PALS@nhs.net](mailto:kch-tr.PALS@nhs.net)

You can also contact us by using our online form at [www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)

**If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.**

## Contact us

If you have any questions or concerns about anything you have read in this leaflet, please phone the urology specialist nurses on **020 3299 4352/1371**.