

Follow- up

After the completion of your radiotherapy you will be sent an appointment for a follow up review in the clinical nurse specialist clinic. This will take place 3 months after your last treatment. Please ensure you have your PSA test done at your GP surgery prior to this appointment. Thereafter you will be seen in clinic on a 6 monthly basis.

Contact details

If you have any questions or concerns about these instructions or your treatment please contact one of the Clinical Nurse Specialists:

Karen Walker, Louise Ross and Aileen Warnock on **0131 1537 3186**

Edinburgh Cancer Centre

Western General Hospital
Crewe Road
EDINBURGH
EH4 2XU



Pathway to External Beam Radiotherapy for Prostate Cancer

A patient guide

Edinburgh Cancer Centre

Your Treatment Decision

You and your oncologist have now made the decision for you to have hormones and radiotherapy to treat your prostate cancer.

Most of the information in this leaflet regarding this treatment will have already been explained to you however we hope this will help you to remember the salient points.

Hormonal Therapy

If you have not already commenced the hormonal therapy we will have today given you a letter to give to your GP to prescribe this.

You will be given a 3 week course of tablets (Bicalutamide 50mg) which you may start immediately. During week 2 of the tablets you will have your 1st hormone injection. Please complete the course of tablets as prescribed. You do not need a repeat prescription for the tablets.

When you pick up your prescription we recommend you make an appointment with your practice nurse/GP for the following week to get your 1st injection. You will continue on these injections every 4 weeks until your radiotherapy starts.

By the time you have completed your radiotherapy you are likely to have 3-4 hormone injections.

Your oncologist may have recommended that you continue on hormone treatment for 2 years after the radiotherapy. If this applies to you then your injection type can be switched to a 3 monthly dose. Please liaise with your GP regarding this.

Preparation for Radiotherapy

Whilst you are on hormonal therapy you will receive a letter from the radiotherapy department with your schedule of appointments.

The first date will be to attend for the implantation of gold fiducial marker seeds into your prostate. This is to assist the oncologist with the planning of your radiotherapy. These seeds are not radioactive.

The second date is to attend for a CT planning scan. This should take place 1-2 weeks after the seeds are implanted. You will need to administer the 1st of the enemas before this scan (please see the

Rectal preparation leaflet regarding the enemas).

The remaining dates are the dates and times for each of your radiotherapy treatments. Hopefully the times will be convenient for you as it can be very difficult to change these. Should your work or child care commitments conflict with your slot you can telephone the radiotherapy department to discuss further.

Please remember that you require to use the enemas prior to the first 10 radiotherapy treatments.

On the first day of treatment one of our specialist radiographers will sit with you and your relative (should you choose to bring someone with you) and take you through what will happen. The side effects and how we manage them will also be discussed.

Treatment often starts on a Wednesday and is not given over the weekend.