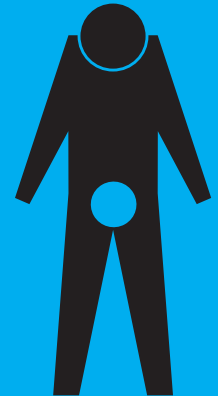


# Prostate log book



If you are attending your GP, urologist, oncologist, specialist nurse or other hospital departments, it can be difficult to remember dates of your appointments, results of blood tests, other tests or examinations and maybe who you will see on each occasion. So, you may find this log book helpful.

It is best to take it with you to all appointments so you can fill it in there and then. This will help you to keep an accurate record of any test results and treatment changes in one place. It means that you, your doctor and specialist nurse can see at a glance what is happening. It will also be a reminder for you and your family. Keeping this up to date and noting any changes may help you get the most out of your appointment with the doctor or specialist nurse.

By filling in the comments column, it may make it easier for you to remember any events, circumstances or concerns you had which in some cases may have contributed to how you were feeling or your PSA level changing. It may also show if there is a pattern to your PSA level changing and you or doctor may be able to pinpoint any reasons for this.

If your treatment is changing, you or the doctor can fill in the treatment column as a reminder for you. If you have any worries or concerns about your illness or treatment, then it is best to speak to your GP, hospital doctor or specialist nurse. You could use the comments column in this diary to briefly note down anything which concerned you or you think may be relevant to your illness.

You can fill in contact names and numbers you might need. There is space to add more of your own contacts.

|                  |        |  |                  |  |  |
|------------------|--------|--|------------------|--|--|
| GP               | Dr     |  | Specialist Nurse |  |  |
| Urologist        | Mr/Mrs |  | Urology Ward     |  |  |
| Oncologist       | Dr     |  | Specialist Nurse |  |  |
| Other Consultant | Dr     |  |                  |  |  |



| Date | PSA | Other test result e.g.<br>x-ray, Gleason, Staging,<br>Bone Scan, etc | Treatment | Comments |
|------|-----|--|-----------|----------|
|      |     |  |           |          |
|      |     |  |           |          |
|      |     |  |           |          |
|      |     |  |           |          |
|      |     |  |           |          |

| Date | PSA | Other test result e.g.<br>x-ray, Gleason, Staging,<br>Bone Scan, etc | Treatment | Comments |
|------|-----|--|-----------|----------|
|      |     |  |           |          |
|      |     |  |           |          |
|      |     |  |           |          |
|      |     |  |           |          |
|      |     |  |           |          |

| Date | PSA | Other test result e.g.<br>x-ray, Gleason, Staging,<br>Bone Scan, etc | Treatment | Comments |
|------|-----|--|-----------|----------|
|      |     |  |           |          |
|      |     |  |           |          |
|      |     |  |           |          |
|      |     |  |           |          |
|      |     |  |           |          |

**Questions I would like to ask:**

|                  |          |
|------------------|----------|
| Date<br>Question |          |
| Answer           | Dr/nurse |
| Date<br>Question |          |
| Answer           | Dr/nurse |

If you have any worries or concerns about your illness or treatment then it is best to speak to your GP, hospital doctor or specialist nurse. The organisations listed below offer different services and some offer telephone support helplines, but not all of them cover the full range of prostate diseases.

**Organisation**

Prostate Scotland  
 Prosdex  
 NHS 24  
 Prostate Link UK  
 Prostate Action

**Website**

[www.prostatescotland.org.uk](http://www.prostatescotland.org.uk)  
[www.prosdex.com](http://www.prosdex.com)  
[www.nhs24.com](http://www.nhs24.com)  
[www.prostate-link.org.uk](http://www.prostate-link.org.uk)  
[www.prostateaction.org.uk](http://www.prostateaction.org.uk)

**Contact number**

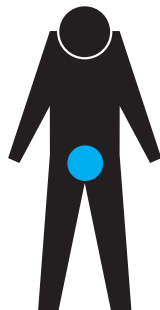
0131 226 8157  
 0845 24 24 24  
 020 8788 7720

**There are often support groups for men with prostate cancer**

Prostate Cancer Charity  
 Edinburgh and Lothians PCSG  
 Maggies

[www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)  
[www.elprostatecancersupport.co.uk](http://www.elprostatecancersupport.co.uk)  
[www.maggiescentres.org](http://www.maggiescentres.org)

0800 074 8383  
 0131 208 3067  
 Dundee 01382 632999, Inverness 01463 706306



### **Contact Us**

Prostate Scotland, Gf2, 21-23 Hill Street, Edinburgh EH2 3JP

Tel: 0131-226 8157 Email: [info@prostatescotland.org.uk](mailto:info@prostatescotland.org.uk)

[www.prostatescotland.org.uk](http://www.prostatescotland.org.uk)

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The information contained in this leaflet has been developed by Prostate Scotland and reviewed by its Advisory Group of doctors, nurses and patients. This leaflet is not intended to replace medical advice or seeing a doctor for specific illnesses or symptoms.

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