

PROSTATE INFORMATION



scotland

If you are attending an appointment with your urologist, oncologist, clinical nurse specialist (CNS), GP or other hospital department, 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 consultant(s), CNS or GP 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 urologist, oncologist, CNS or GP.

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 your consultant 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 consultant(s), CNS or GP. 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.

If you have an indwelling catheter, remember to use this booklet to keep an up-to-date record of your catheter care and take it with you to all your appointments

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

GP	Dr	CNS	
Urologist	Mr/Mrs	Urology Ward	
Oncologist	Dr	CNS	
Other Consultant	Dr		

GP Appointment	
Date	Time

Hospit

Date

PROSTATE LOG BOOK

tal Appo	intment	
	Time	With

Date	PSA	Other test result e.g. x-ray, Gleason score, prognostic grade group, staging, bone scan, etc.	Treatment	Comments

Date	PSA	Other test result e.g.	Treatm
Dute		x-ray, Gleason score,	
		prognostic grade	
		group, staging, bone	
		scan, etc.	

nent	Comments

Date	PSA	Other test result e.g. x-ray, Gleason score, prognostic grade group, staging, bone scan, etc.	Treatment	Comments

Questions I would like to ask:

Date/ Question	
Answer	Dr/CNS
Date/ Question	
Answer	Dr/CNS

If you have any worries or concerns about your illness or treatment then it is best to speak to your consultant(s), CNS or GP. The organisations listed overleaf offer different services and some offer telephone support helplines, but not all of them cover the full range of prostate diseases.

PROSTATE LOG BOOK

Organisation	Address/Website	Contact Number
Prostate Scotland	www.prostatescotland.org.uk	Contact our information line on 0300 666 0236
Cancer Research UK	www.cancerresearchuk.org	0808 800 4040
Macmillan Cancer Support	www.macmillan.org.uk	0808 808 0000
Maggie's provides free practical, emotional and social support to people with cancer and their family and friends. To find your nearest Maggies Centre please see the next columns	www.maggiescentres.org/our-centres/ then enter your postcode	0300 123 1801
Prostate Cancer UK	www.prostatecanceruk.org	Helpline number 0800 074 8383
There are often support groups for men with prostate obuddy scheme	ancer (and their families) and some of	the support groups run a
For more information on support groups go to our website	www.prostatescotland.org.uk/help- and-support-for-you/support-groups.	0131 603 8660





Contact Us

Prostate Scotland, 14 Torphichen Place, Haymarket, Edinburgh EH3 8DU. Tel: 0131 603 8660. Email: info@prostatescotland.org.uk www.prostatescotland.org.uk

Date: July 2019 © Prostate Scotland

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.

The Information and Advice Project was initially funded thanks to grants from the Scottish Government and Sir Tom Farmer through the Farmer Foundation.

> Registered Office: Princes Exchange, 1 Earl Grey St, Edinburgh EH3 9EE. Registered Scottish Charity No. SC037494 Company No. SC306268





