

Active surveillance

Diary



**PROSTATE
CANCER UK**

Life on active surveillance

This diary may help you keep track of your appointment details and also record your test results. You may find it helpful to take it along with you to your active surveillance appointments.

If there is anything you are unsure or concerned about, speak to your doctor or nurse. They may be able to help, or refer to someone who can.

Contact details

You may find it helpful to write down the contact details of who you should contact with any questions or concerns. This could be questions about your test results or upcoming appointments. You may also want to list who you should contact if you have worries or concerns about your prostate cancer. This might be known as your main contact or your key worker. This could be your clinical nurse specialist (CNS) or another health professional.



Name:

Telephone:

Email Address:

Use this space to write down the name and contact details of any other health professional you may contact, this could be your GP or hospital consultant.



Name:

Telephone:

Email Address:



Support group details

If you attend a support group, you may find it helpful to write down meeting dates and times. You can also use this space to write down contact details of other members.





What are diagnosis test results?

My PSA level at diagnosis:

My gleason score and grade group:

The stage of my cancer:

Results of my MRI scan:

My Cambridge Prognostic Group (CPG):

Questions about my active surveillance appointments

Where will my appointments be?

How often will I have my PSA level checked?

Who will check my PSA levels and give me the results?

Will I have other regular tests or scans? If so, which ones and how often?

Who will be in charge of booking my appointments?

Other questions to ask our doctor or nurse

What test results would lead you to recommend treatment?

Are there any specific results that mean I should have further tests?

What symptoms should I look out for and report?

Other questions to ask our doctor or nurse

What do I do if I change my mind and want to have treatment?

What treatments could I have if my cancer grows?

My appointments

In the table below you can record details of your appointments at the hospital or GP surgery.



Date/time	Location	Notes

You can fill in this diary before and after your appointments, to help you get the most out of them. You might want to photocopy a blank diary, or download copies from our website prostatecanceruk.org/active-surveillance

You can use the table below as a reminder or plan of what to talk about at your appointments. You may find it helpful to fill in the table and take it with you to your appointment.

Fill in before your appointment



Date of appointment:

How I've been feeling – any possible symptoms or worries:

Things I want to talk about at my appointment:

any symptoms

emotional or mood problems

work and finances

diet and physical activity



Your doctor or nurse may not have time to talk about all of these things, so think about what is most important to you. You can also call our Specialist Nurses in confidence.

Fill in during or after your appointment

Answers to my questions or concerns

Advice from my doctor or nurse

PSA level

Date and time of next appointment

You can download and print this diary from our website prostatecanceruk.org/active-surveillance

PSA Levels

Use this table below to record the results of your PSA tests. If you need more space, you can order a **PSA card** from our website at prostatecanceruk.org/publications or call us on **0800 074 8383**.



Date	PSA level	Date	PSA level

Information about things I can do to help myself

It is important to take care of your general health. Some of the things you can do to help yourself and feel more in control are shown in the table below. You can discuss these with your doctor or nurse. They can also help you fill this in.



Fill in things you can do yourself
Diet
Physical activity
Relationships
Stress and anxiety
Work and finances
Details of support services for men on active surveillance