



The Clatterbridge
Cancer Centre
NHS Foundation Trust

Telephone follow-up service for testicular cancer patients

Nursing



A guide for patients and carers



This information is for patients who have been referred to the telephone follow-up service by their cancer doctor. The aim of this leaflet is to answer any questions you may have about the service.

What is a telephone follow-up clinic?

Instead of making an appointment at your local hospital's Outpatient Department for a follow-up meeting, your cancer doctor has referred you to a telephone follow-up service. The service is run by a clinical nurse specialist who specialises in testicular cancer and they will contact you by telephone to monitor your testicular cancer at an arranged time.

What are the benefits?

- Fewer visits to hospital
- No transport costs
- No time off work

How does the clinic work?

- You will be sent an appointment letter by the Clinical Nurse Specialist for your telephone follow-up assessment
- You will need to have your blood (for monitoring of your tumour markers/hormone levels) taken at least two weeks





before your follow-up appointment

- On the date and time of the appointment, the nurse will telephone you
- The assessment will include:
 - Your tumour marker/hormone levels results
 - Discuss your recent self-examination review
 - Review your general health
 - Discuss any problems or concerns you may have
- If there is any cause for concern, the nurse will arrange an appointment for you to see your cancer doctor
- If there is no cause for concern, arrangements will be made for your next telephone follow-up appointment
- A letter summarising the call, will be sent to your GP

What to do if you experience problems in between your appointments?

You should contact your cancer doctor or clinical nurse specialist if you experience any problems in between your appointments.

Clinical Nurse Specialist
0151 556 5897

How we produce our information

All of our leaflets are produced by staff at The Clatterbridge Cancer Centre and this information is not sponsored or influenced in any way. Every effort is made to ensure that the information included in this leaflet is accurate and complete and we hope that it will add to any professional advice you have had. All our leaflets are evidence based where appropriate and they are regularly reviewed and updated. If you are concerned about your health in any way, you should consult your healthcare team.

We rely on a number of sources to gather evidence for our information. All of our information is in line with accepted national or international guidelines where possible. Where no guidelines exist, we rely on other reliable sources such as systematic reviews, published clinical trials data or a consensus review of experts. We also use medical textbooks, journals and government publications.

References for this leaflet can be obtained by telephoning 0151 556 5570.

If you need this leaflet in large print, Braille, audio or different language, please call 0151 556 5570.

If you have a comment, concern, compliment or complaint, please call 0151 556 5203.

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