



GM Cancer standard template for prostate cancer –

Radical Radiotherapy treatment summary

Please delete this title and box after reading these instructions.

Remove all wording that does not apply to a particular patient in order to personalise it to the individual.

If you need to localise this treatment summary, e.g. job titles do not match those used in your Trust or adding your Trust logo, please do so, but please retain all other information.

Remember to ensure sections don't overrun onto the next page or titles separate from the body of the text before sending.

Please use font Ariel 12



CANCER END OF TREATMENT SUMMARY (EOTS)

Patient Name		Hospital Name	
Patient Address		Hospital Address	
Date of Birth	00/00/0000	Hospital Number	01234567
NHS Number	999 999 9999	Date Completed	XX.XX.XXXX
Diagnosis (for more detail see section 2)			

Dear (patient name)

This End of Treatment Summary (EOTS) has been created to help support you now and in the future. We will share a copy with your GP for their records. It includes information about your cancer diagnosis, treatments to date and key contacts. It contains useful information about possible late effects of treatments and signs of recurrence.

Please go to Section 2 to find the summary of your diagnosis and treatment

Coding information – Please share this document with the patient's GP
1. <u>DOCMAN</u>: Name as 'Cancer End of Treatment Summary' under 'document type' 2. <u>EMIS/SystemOne</u>: Enter Snomed code 1324891000000103 'Cancer End of Treatment Summary Plan' as problem heading to enable ease of locating this document • If appropriate, consider entering this patient onto your Gold Standard Framework (GSF)

All treatment summaries are subject to review in light of evidence-based changes to clinical protocols and treatment toxicity. Additional resources and information for primary care staff are available through [Home Page - GatewayC](#). Produced by the Greater Manchester Cancer Alliance. Subject to mandatory review every two years. Date template signed off March 2026

Information for your GP

Actions and onwards care for this patient (be aware, your patient may still be under hospital care) :





Actions for you (the patient)

- **Keep this document safe** and take it to all your appointments
- Contact someone if you have symptoms
- We recommend you have an annual flu jab
- Attend all of your follow up appointments
- If you don't understand something in this document, ask your cancer keyworker (contact numbers below) to explain it
- Ask your GP for a Medical Exception Certificate (or a FP92A form) for free prescriptions
- You might get other letters about your treatment (like for surgery or chemo). Keep them together with this one

Why you got this document



You have finished your cancer treatment. This document explains what treatment you had, who to contact if you need help, and what to look out for in the future. This information also goes to your GP. There is an easy-read diagram at the end of this doc.

What this document tells you



- Tells you what treatment you had
- Gives you phone numbers of people you can call if you have questions
- Shows signs to look out for that mean you should tell your doctor or nurse
- Lists symptoms that mean you need to go to A&E straight away
- Give you tips to help you stay healthy
- Tells you about places that can give you more help and support

What should I use this document for?



Take this with you:

- If you go to A&E
- When you visit your GP
- If you see any other doctors
- If you need to sort travel insurance
- If you need a fit note

More help and support is available:



Scan the QR code or visit:
bit.ly/GMCancerhealthandwellbeinghub



Section 1:

Who to call when you need help or advice:

Your key worker may change over time especially if you have any more treatment in the future

Your key workers at the hospital. Available: Monday - Friday 	Name: Urology Clinical Nurse Specialist Contact Number: Name: Urology Cancer Care Coordinator Contact Number:	
Other people who may be involved in your care: PLEASE DELETE ANY THAT ARE NOT RELEVANT TO YOUR PATIENT		
District Nurse	Name: Contact Number:	
Your GP	You can always contact your GP Practice to help direct you to any community services	
 Who to ring for advice when your key contact (above) is not in work	Your GP out of hours service NHS 111	
 Who to contact when you need immediate attention If symptoms aren't being investigated or understood, you can mention that it's in your treatment summary and that your specialist team have said it is a symptom that needs investigating.	Go to your local Accident and Emergency department. If you are unable to get to A&E yourself ring 999 for an ambulance. Take this support plan with you. A&E is for anything that is causing you severe pain or is making you feel really unwell including: • Unable to pee • Loss of control of your bladder and/or bowels • Chest pain/shortness of breath/calf pain which could indicate a DVT or PE • Peeing blood clots	



- Sudden onset of back pain with weakness or change in the sensation of your lower limbs

Section 2: Diagnosis and a summary of treatments you may have had

Your diagnosis	<i>Please describe the diagnosis in patient-friendly language,</i> <i>Are there any simple pictures that can be added here to show location or other details</i>	The date you were diagnosed	
Histology	Histology means what your cancer cells look like under a microscope.	Where you were diagnosed	<i>Hospital</i>
Stage	Stage means how far the cancer has spread in your body	Treatment Aim	<i>Curative</i>
A summary of the treatment you have had and relevant dates Radiotherapy is a tailored treatment which aims to cure and prevent future prostate cancer treatment. Radiotherapy is a non-surgical treatment of prostate cancer which involves the delivery of radiotherapy to the prostate from outside the body (external beam radiotherapy) or directly into the prostate (Brachytherapy) Radiotherapy Treatment completed on: Planned duration of hormones/completion date: <i>Please be specific and give full information on detail, dates and intent, avoiding jargon and using patient friendly language.</i>			Date:
Any other comments about your cancer and your future progress			



Please also include referrals that have been made

Section 3: Side effects

In the weeks after your Treatment

After treatment, it takes some time for you to get back to normal. You might notice some changes like those listed below. These changes are normal and usually get better within 6-8 weeks but can take longer and so may never go away completely. If any of the symptoms below are really troubling you or are not getting better, please contact us as soon as possible so we can check that everything is okay. We may give you advice over the phone, make a clinic appointment for you to be seen at the hospital or ask you to make a GP appointment.

Some symptoms may need immediate attention if they are severe or causing serious problems. If it is not possible to speak to your CNS or GP, or if it is out of hours, go to your local accident and emergency department. If you are unable to get to A&E yourself ring 999 for an ambulance.

It is important you do not wait over a weekend to speak to someone.

Problems with peeing:

- Incontinence/leaking pee
- Slower flow when peeing
- Pain when peeing
- Peeing more frequently
- Having to rush to the toilet to pee
- Getting up in the night to pee
- Blood in your pee
- Signs of urine infection such as pain or burning when passing urine, temperature or feeling unwell, pain in the bladder or kidney area – please see your GP as soon as possible if you have these symptoms

Some things that may help

- To help relieve symptoms, drink 1 ½ to 2 litres of water/cordials throughout the day, avoid drinking caffeinated drinks (tea/coffee/carbonated/fizzy) and/or alcohol.
- To stop you leaking pee, do regular pelvic floor exercises. Help on how to do these exercises can be found here www.prostatecanceruk.org/prostate-information-and-support/living-with-prostate-cancer/pelvic-floor-muscle-exercises.
- Manage leakage with male protective wear/ incontinence pads which are available from large chemists or supermarkets or via the internet.



Problems with pooing:

- Blood in your poo
- Irritation or pain in your bottom - you may see blood on the toilet paper
- Urge to poo but no poo to pass (tenesmus)
- Constipation
- Diarrhoea or poo that is softer than normal
- Mucous discharge or increased wind from your bottom
- Having to poo more often than before
- Having to dash to the toilet to poo

Some things that may help

- If you are struggling to poo try introducing more fibre in your diet (fruits and vegetables/ brown breads and pastas).
- If you have loose poo or are pooing too often than is normal for you, try reducing some of the fibre in your diet.
- It can also help to be active and drink plenty of water (1.5-2Litres per day).
- Continue any medications you have been prescribed (eg Fybogel).

Extreme tiredness and fatigue

- You might feel very tired for months after treatment and it can feel like your body is heavy, your mind is foggy, and even small tasks take a lot of effort.

Sore skin and pubic hair loss

- The skin in the treated area may feel sore or sensitive and radiotherapy can cause hair loss in the treatment area. Sometimes the hair loss is patchy, rather than complete. The hair can grow back, but not always fully.

Erectile Dysfunction

- This means having difficulty getting or keeping an erection firm enough for sex. It's a common side effect of prostate cancer treatment and there are several options that can help manage it. You will have the opportunity to attend an erectile dysfunction clinic for specialist advice on treatment options available to help you.

Bone pain lasting longer than 6 weeks

- It is very important that you tell us if you have bone pain that does not go away

The website address below gives some more information on the side effects of radiotherapy. There is also some more information under the late effects section.



www.macmillan.org.uk/cancer-information-and-support/treatment/types-of-treatment/radiotherapy/side-effects-of-radiotherapy

Side effects of Hormone Therapy

- Hot flushes. There is medication available to help with these please speak to your GP.
- Erection problems and reduced sex drive.
- Bone thinning
- Mood changes
- Loss of body hair
- Breast swelling and tenderness
- Weight gain and changes in blood sugar
- Loss of muscle strength
- General aches and pains
- Changes in heart health and blood pressure

www.macmillan.org.uk/cancer-information-and-support/treatments-and-drugs/hormonal-therapy-for-prostate-cancer

Section 4

Late effects of prostate cancer treatments

Late effects are health problems that can happen months or years after cancer treatment has finished. They can be caused by the cancer or the treatments, like chemotherapy, radiotherapy, or surgery.

Late effects can affect the body or the mind, and they can be different for each person.

The most common late effect of prostate cancer treatment is a change in how the bowel works and bladder works.

Other common late effects are fatigue, tiredness, concentration problems and pain.

There may also be changes to how you feel about yourself when it comes to relationships, intimacy, and physical closeness

There are resources available on our website such as animations, details of other organisations and support groups to help you cope.

There are also some Macmillan booklets to help you with late effects. You can ask your local Macmillan centre for one or click on the links below.



Link: <i>(If you're viewing this document online, click on the booklet to open it directly.)</i>	Web address
Macmillan late effects of treatment	www.macmillan.org.uk/cancer-information-and-support/after-treatment/late-effects-of-treatment

Below is some more information about a few of the late effects that may affect people after treatment for prostate cancer.

Lymphoedema

Lymphoedema is when part of your body gets swollen because the lymphatic system isn't working right. The lymphatic system is like a network of tiny tubes that help your body get rid of waste and fight germs.

Cancer can damage the lymphatic system so the fluid cannot drain away. It often occurs in an arm or a leg.

If you have been or still are a Christie patient your consultant or GP can refer you into The Christie Rehabilitation Unit for help with your lymphoedema.

Having lymphoedema puts you at an increased risk of sepsis so it is important that you let your GP know if your skin turns red and is hot to touch. This may be harder to see on brown and black skin. You may also have pain, increased swelling, a high temperature or chills.

 Understanding lymphoedema	www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/lymphoedema
 LSN THE LYMPHOEDEMA SUPPORT NETWORK <i>because lymphoedema matters</i>	www.lymphoedema.org

Pelvic radiation

After radiotherapy, some people may notice ongoing problems because the healthy tissues in the pelvis were also affected. These problems can show up weeks, months, or even years after treatment.



	www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/managing-the-bladder-late-effects-of-pelvic-radiotherapy
	www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/managing-the-bowel-late-effects-of-pelvic-radiotherapy
Pelvic Radiation Disease Association	www.prda.org.uk/

Section 5

Your follow-up

PSA monitoring

The first sign that your prostate cancer may be coming back is usually a steady rise in your PSA level, rather than any new symptoms. The PSA blood test is a very good way of checking how well your treatment has worked. It can't show for certain if the cancer has returned or where it might be, but a rising PSA can be an early warning sign that needs further investigation.

It's important that you have all of your PSA tests over the next 5 years, even if you don't have any symptoms at all.

After the end of your treatment, you will have PSA blood tests at these times:

- **6 months**
- **12 months**
- **18 months**
- **2 years**
- **3 years**
- **4 years**
- **5 years**

After 5 years, you will usually be discharged back to the care of your GP.

You will not have to remember when your PSA blood test is due as you will be sent a reminder when it is due and give you further information on what to do.



Section 6

General Information relating to staying as healthy as you can

The choices you make in your daily life can affect your health and wellbeing when you are living with cancer. These choices can help you get stronger, lessen side effects, and lower the chance of new health problems. It is a chance to take back some control of your health.

You can find more information at www.macmillan.org.uk/cancer-information-and-support/after-treatment/lifestyle-and-wellbeing-after-treatment or www.nhs.uk/better-health/

Exercise and Physical Activity:

Doing regular exercise or physical activity or just moving more, can help with feeling anxious, tired, or low. It also helps your heart, muscles, and keeping a healthy weight. Even a little exercise is good if you can do it. You might need to pick activities that suit your body and needs. It's best to talk to your doctor before starting. You can find further helpful information at in the eating well and staying active section of the website above.

Eating Well:

Eating a healthy balanced diet is an important part of maintaining good health and can help you feel better. This means eating a wide variety of foods in the right amounts and maintaining a healthy body weight.

Reducing alcohol to within safe limits:

It is best for both men and women to avoid drinking more than 14 units of alcohol each week. This is about 6 pints of regular beer or 10 small glasses (125ml) of low-strength wine.

Stopping smoking:

If you smoke, stopping smoking can help your blood flow better, lower your blood pressure, and reduce the chance of having a stroke. It also helps your body fight infections and makes it easier to breathe or keeps your breathing from getting worse.

Section 7

Support and Information for loved ones, carers and yourself

Life after a cancer diagnosis can be very hard, even after you have completed all of your treatment. You might feel tired, worried, or sad more than usual. It can be tough to take care of yourself when you don't feel your best. It's okay to have these feelings. It takes time to adjust, and sometimes you need extra support to help you feel better. Try to be kind to yourself and do small things that help you feel a little stronger or more comfortable each day.

When someone has cancer, the people who look after them—called carers—can also feel tired, worried, or stressed. Taking care of someone with cancer can be hard and sometimes lonely. Carers need help and support just like the person with cancer does. It's important they take care of themselves and get the help they need.



A lot of cancer charities, like Macmillan or Maggie's, don't just support people with cancer – they also support carers and loved ones. That includes emotional support, practical advice, and sometimes just a friendly person to talk to. If someone is helping you through your treatment or recovery, encourage them to check out these services. Looking after themselves will help them be there for you too.

Here are some areas where you might find support useful, but you may have many other things you need help with too.

Coping with Your Diagnosis and Daily Life

- Coping with your emotions: feelings like fear, anger, or sadness are normal.
- Managing day-to-day life: dealing with uncertainty, loss of independence, and the impact of cancer on your family.

Getting Practical Help and Support

- Financial help and benefits you may be entitled to.
- Travel insurance options if you plan to travel.
- Grants that can help with extra costs.
- Practical support from healthcare professionals, such as your GP, district nurses, Macmillan nurses, and therapists in your community.

Managing Symptoms

- Support and advice on managing symptoms to help you stay as comfortable as possible.

Planning Ahead

- Writing a Will - A Will lets you decide how your money and belongings will be shared with your loved ones. It's a good idea to write a Will while you are feeling well.

Below are some charities that can help, whether you need advice, emotional support, or someone to talk to. And there's even more available on our website:



Scan the QR code or visit: bit.ly/GMCancerhealthandwellbeinghub

Prostate Cancer UK Prostate Cancer UK is a national charity dedicated to supporting men with prostate cancer.	www.prostatecanceruk.org/
Orchid	www.orchid-cancer.org.uk/



Orchid is a UK-based charity dedicated to improving the lives of men affected by testicular, prostate, and penile cancers.	
Tackle Prostate Cancer Tackle is a UK national charity that provides peer support for people affected by prostate cancer.	www.tackleprostate.org/
Macmillan Cancer Support Provides support and information on cancer, money, benefits and work. Most hospitals have a Macmillan Centre you can visit as well as online support	www.macmillan.org.uk
Maggie's Centres Provides free practical, emotional and social support to people with cancer and their family and friends. Maggie's have centres at The Christie and Oldham as well as an online centre.	www.maggies.org
Shine Cancer Support A network for anyone living with cancer in their 20s, 30s and 40s. Shine are here to help you deal with everything that your diagnosis brings, before, during and after treatment, and to welcome you into our community.	www.shinecancersupport.org.uk/
Citizens Advice Bureau Citizens Advice can help patients understand their rights and get support with things like benefits, work, housing, and debt. They can also give advice on legal or practical issues that may come up during or after treatment.	www.citizensadvice.org.uk
Carers UK Offers information, advice, and emotional support to people caring for family or friends who are ill or disabled. They provide a free helpline, an online community, and helpful resources to help carers look after themselves and manage their caring role.	www.carers.org
Life After Cancer Treatment Booklet This booklet was written to share common feelings and reactions that many people just like you have had	www.macmillan.org.uk



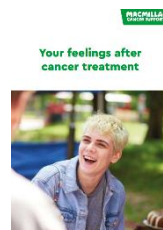
after treatment ended. It also offers some practical tips to help you through this time.



Your feelings after treatment

This booklet is about the emotional effects of cancer after treatment has ended. Includes information about getting support, coping with your feelings and dealing with relationship changes.

www.macmillan.org.uk





How an End of Treatment Summary Works

