

Patient
 Information

Intermediate Risk Protocol for Kidney Cancer

Your kidney mass has been surgically removed and analysed by our pathology department. It has been confirmed as a renal cell carcinoma (kidney cancer).

The stage and grade are as follows. Please see the Macmillan Cancer Support Understanding Kidney Cancer booklet for more information (using web address or QR code below):

<https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/understanding-kidney-cancer>



Your stage and grade are as follows (circle as appropriate):

Stage:	T1a	T1b		
	T2a	T2b		
	T3a	T3b	T3c	
	T4			

Grade:	1	2	3	4
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Based on your pathology results you have been placed on the **intermediate risk follow up protocol**.

Regular follow up is important. It enables us to monitor the remaining kidney and check for any residual or recurrent disease.

You will receive regular follow up appointments, either by telephone or face to face with your consultant or Clinical Nurse Specialist (CNS).

Reference No.

Department

Review due

Patient Information

Your follow up will involve blood tests, CT scans and appointments at timely intervals.

We recommend **6 monthly blood tests** to check your kidney function. These will need to be done through your GP's surgery. You can get in touch with your CNS for the results.

Your CT scans should happen at **1 year, 2 years, 3 years and 5 years** from your operation date (unless unavoidable delays). If you do not receive appointments as outlined in this information sheet by the month in which they are due, please get in touch with your CNS or your consultant's secretary so that we are aware and able to chase them up.

If you have any questions or concerns at any time between appointments, please do get in contact with your CNS or your consultant's secretary. If your call is not answered, leave a message, with your name and contact number and we will aim to return your call within 72 hours.

Clinical Nurse Specialists

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Consultant's secretaries

Tel: 0300 422 6902

Available Monday to Friday, 8:00 am to 4:00 pm

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>