

Date: _____

Dear _____:

Dear Patient

You have now completed your radiation/chemotherapy or radiation therapy to control bladder cancer at the cancer centre.

Your follow-up care will be provided by your urologist, Dr. _____ and your family physician/nurse practitioner. Information about your care will be sent to your urologist and family physician/nurse practitioner.

Your follow up will likely include:

- Cystoscopy (procedure to look at your bladder with a camera) once every three months for the next two years (years one and two after completing treatment).
- Cystoscopy of your bladder once every six months for the following two years (years three and four after completing treatment).
- You will then have a cystoscopy once a year for up to 10 years after completing treatment (years five, six, seven, eight, nine and 10) or at any time as determined by your urologist.
- Urine cytology (urine test) every six months for the first two years. This test is to look for cancer cells in your urine.
- CT scan every three months for the first two years after completing treatment.
- CT scan once a year for up to six years after completing treatment.

Please report any of the following symptoms to your care team (urologist/family physician/nurse practitioner). These symptoms they may be related to bladder cancer or side effects of the treatment you have received.

- Blood in your urine (pee)
- Not able to pass urine
- Pain when passing urine (peeing)
- New and persistent (continued) bone pain
- Persistent (continued) cough
- Blood in your phlegm (mucus) when coughing
- Unintentional weight loss

We encourage you to have a healthy lifestyle, which includes a healthy diet, exercise and avoiding smoking or excessive alcohol consumption. If you would like help to quit smoking, or if you need other supportive care services or access to any other resources, please contact the Psychosocial Oncology department:

- Allan Blair Cancer Centre: 306-766-2213
- Saskatoon Cancer Centre: 306-655-2662

Guidelines for follow-up care are available on the Saskatchewan Cancer Agency website at www.saskcancer.ca (in the Health Professionals-Clinical Resources section).

Although you have been discharged from follow-up care at the cancer centre, your family doctor or nurse practitioner can refer you back to the Cancer Agency if you need care in the future.

Sincerely,

Dr. _____