



What happens after surgery for testicular cancer

This leaflet is designed to give you information and help answer some of the questions you may have about your care and the investigations in the weeks to come. If you have any further questions or worries during this time please contact the specialist nursing team listed on the back of this leaflet.

Before surgery

Before your operation you will have had an ultrasound of your testicles and a blood test. The ultrasound scan looks at your testicles to confirm that there is an abnormal lump.

The blood tests are called tumour markers and are used to assess whether the lump may be a cancer or not. The markers are AFP, HCG and LDH.

What happens after surgery?

- After the surgery **you will need to take some time off work** to allow the wound to heal and any bruising to settle. The nurses will advise you how long this will be.
- **Blood tests:** When you leave the hospital you will be given some blood test forms. These are for further tumour markers tests. You can have these done at either your GP surgery or at the hospital blood testing department (Pathology). They will need to be taken on days 7, 14 and 21 after your operation; in other words, once a week for 3 weeks.
- **CT scan:** After your operation you will have a CT scan. This is a scan that looks at your chest and abdomen in more detail. The scan takes about 20 minutes and will be in the X-ray Department at the Royal Berkshire Hospital. You will be sent a letter confirming the date and time for this.

When will I get my results?

Before you leave the hospital your clinical nurse specialist will give you an appointment with an oncologist. This will be two to three weeks after your operation.

At this clinic a consultant and a clinical nurse specialist will discuss the results from your operation and CT scan and explain whether you need any further treatment.

Who decides what the best treatment is for me?

Your case will be discussed in our multi-disciplinary team meeting. This will usually happen before you are seen in the Oncology clinic.

This meeting is attended by:

- *Urologists* (doctors who specialise in surgery for testicular cancer).
- *Oncologists* (doctors who specialise in radiotherapy or chemotherapy for testicular cancer).

- *Pathologists* (doctors who examine your biopsy scan).
- *Radiologists* (doctors who examine your scans).
- Specialist nurses.
- Members of our research team.

At this meeting the results from your operation and any scans will be reviewed and the specialist team will agree the treatments which are suitable for you.

What can the clinical nurse specialists offer me?

We appreciate that this can be a very worrying and stressful time for you. The clinical nurse specialists are available to offer help, support and advice. We work Monday to Friday 9am-5pm and are happy to talk over the phone or to meet in person. Here are a few of the things that we can help with:

- A point of contact.
- Advice and support for you, your relatives and friends.
- Someone to talk to about worries or problems.
- Advice on fertility or sexual problems.
- Advice on and support through treatments if needed.
- Advice on financial problems.

Important dates

Blood tests:

1. _____
2. _____
3. _____

CT scan: _____

Oncology appointment with:

On: _____ at: _____

In: _____

Notes

Please use this space to make any notes or write down any questions you may have.

Who can I contact if I have any questions?

Uro-Oncology Nursing Team: Tel: 0118 322 7905 (direct line with answer phone)

Email: urology.nurses@royalberkshire.nhs.uk

Working hours are Monday to Friday between 8am to 5pm, excluding bank holidays and weekends. Please leave a message on the answer machine and the team will aim to respond to you on the same working day or the next working day.

Out of hours: either contact your GP service, NHS 111 or Hopkins Ward on 0118 322 7274.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Urology / Uro-oncology

Reviewed: February 2024

Next review due: February 2026