



Active Surveillance Follow-Up Calendar High-Intensity Follow-Up Plan

You and your doctor have decided on Active Surveillance as a management strategy for your prostate cancer. During Active Surveillance follow-up evaluations are recommended approximately as often as listed below:

Prostate Specific Antigen (blood test)	Obtain every 6 months
Rectal exam	Obtain every 6 months
Biopsy or MRI	Obtain every 12 months

The following Calendar can be filled in to help you remember when return visits are needed and what repeat testing will be obtained at a given visit.

Date of Diagnosis: _____

Date of Confirmatory Test - Start of Surveillance Phase: _____

Surveillance Schedule

<p>Date: _____</p> <p>6 months from confirmatory test and AS decision</p> <p><i>Recommended evaluations:</i></p> <ol style="list-style-type: none"> 1) Clinic visit 2) PSA blood test 3) Rectal exam 	<p>Date: _____</p> <p>12 months from confirmatory test and AS decision</p> <p><i>Recommended evaluations:</i></p> <ol style="list-style-type: none"> 1) Clinic visit 2) PSA blood test 3) Rectal exam 4) Biopsy or MRI 	<p>Date: _____</p> <p>18 months from confirmatory test and AS decision</p> <p><i>Recommended evaluations:</i></p> <ol style="list-style-type: none"> 1) Clinic visit 2) PSA blood test 3) Rectal exam 	<p>Date: _____</p> <p>24 months from confirmatory test and AS decision</p> <p><i>Recommended evaluations:</i></p> <ol style="list-style-type: none"> 1) Clinic visit 2) PSA blood test 3) Rectal exam 4) Biopsy or MRI
<p>Date: _____</p> <p>30 months from confirmatory test and AS decision</p> <p><i>Recommended evaluations:</i></p> <ol style="list-style-type: none"> 1) Clinic visit 2) PSA blood test 3) Rectal exam 	<p>Date: _____</p> <p>36 months from confirmatory test and AS decision</p> <p><i>Recommended evaluations:</i></p> <ol style="list-style-type: none"> 1) Clinic visit 2) PSA blood test 3) Rectal exam 4) Biopsy or MRI 	<p>Date: _____</p> <p>42 months from confirmatory test and AS decision</p> <p><i>Recommended evaluations:</i></p> <ol style="list-style-type: none"> 1) Clinic visit 2) PSA blood test 3) Rectal exam 	<p>Date: _____</p> <p>48 months from confirmatory test and AS decision</p> <p><i>Recommended evaluations:</i></p> <ol style="list-style-type: none"> 1) Clinic visit 2) PSA blood test 3) Rectal exam 4) Biopsy or MRI

**Surveillance may likely go beyond final date shown, at this point an updated calendar should be provided*