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:

<table>
<thead>
<tr>
<th>Prostate Specific Antigen (blood test)</th>
<th>Obtain every 6 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rectal exam</td>
<td>Obtain every 6 months</td>
</tr>
<tr>
<td>Biopsy or MRI</td>
<td>Obtain every 12 months</td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Date:</th>
<th>Date:</th>
<th>Date:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months from confirmatory test and AS decision</td>
<td>12 months from confirmatory test and AS decision</td>
<td>18 months from confirmatory test and AS decision</td>
<td>24 months from confirmatory test and AS decision</td>
</tr>
</tbody>
</table>
| **Recommended evaluations:**
  1) Clinic visit
  2) PSA blood test
  3) Rectal exam
  4) Biopsy or MRI | **Recommended evaluations:**
  1) Clinic visit
  2) PSA blood test
  3) Rectal exam | **Recommended evaluations:**
  1) Clinic visit
  2) PSA blood test
  3) Rectal exam
  4) Biopsy or MRI | **Recommended evaluations:**
  1) Clinic visit
  2) PSA blood test
  3) Rectal exam
  4) Biopsy or MRI |
| 30 months from confirmatory test and AS decision | 36 months from confirmatory test and AS decision | 42 months from confirmatory test and AS decision | 48 months from confirmatory test and AS decision |
| **Recommended evaluations:**
  1) Clinic visit
  2) PSA blood test
  3) Rectal exam | **Recommended evaluations:**
  1) Clinic visit
  2) PSA blood test
  3) Rectal exam
  4) Biopsy or MRI | **Recommended evaluations:**
  1) Clinic visit
  2) PSA blood test
  3) Rectal exam | **Recommended evaluations:**
  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.*

Copyright 2016. For questions about the Michigan Urological Surgery Improvement Collaborative, please contact us at musicurology@umich.edu