

Watch and Wait for Kidney Cancer

Patient Information – Urology Service

Now that you are on watch and wait for your kidney cancer, here are some further details about what will happen and when.

Watch and wait (*or watchful waiting*) is a method of observing your kidney cancer through imaging and a blood test.

Who has watch and wait?

Patients who have had a partial or complete nephrectomy to remove cancer from the kidneys and require further monitoring to ensure quick intervention if necessary.

Watch and wait timeframe and testing

Initially you will be followed up in clinic, perhaps every three, six or twelve months as decided by your urologist. Once your condition is stable enough to only require follow up once a year you will be referred to the Urology Cancer Follow-up Coordinator. Your next follow up (review) date is set at one year from the decision to refer you, e.g. 4th June referred to database, your next follow up will be 4th June each year after.

About six weeks before your review date you will receive a blood test form in the post. The accompanying letter will give you instructions on getting the blood test done. The Coordinator will also request the Radiology Service to perform imaging. The Radiology Service will contact you arrange an appointment time for your imaging. The results of these tests will be checked and a letter sent to you explaining the outcome.

If the tests are normal we will continue to check your cancer status annually in this manner. Only if there is anything of concern in the results will a letter and an appointment to see your consultant occur. The goal of watchful waiting is to continue monitoring your cancer status and ensure your condition remains stable without the burden of attending outpatient clinics.

If you are also receiving follow-up by the Coordinator for another cancer, your follow-ups will be combined so as to occur only once a year.

Watch and wait tests

Imaging tests: Chest X-Ray and Renal ultrasound scan

Radiology procedures examining the chest and kidney structures to monitor kidney cancer.

Blood test: Creatinine

Measures how well your kidneys are performing their job of filtering waste from your blood.

Seen in clinic

You will be brought back to clinic if your imaging or blood test show any abnormalities. You may then have a computerised tomography (CT) scan, which takes multiple images.

Leaving watch and wait

You may stop watch and wait at any time by informing your consultant at clinic or by contacting the Urology Cancer Follow-up Coordinator at any time on (03) 364 0640, extension 88700.

Contact information

For more information about:

- hospital and specialist services, go to www.cdhb.health.nz
- your health and medication, go to www.healthinfo.org.nz