



## A guide to your Targeted Prostate Health Check

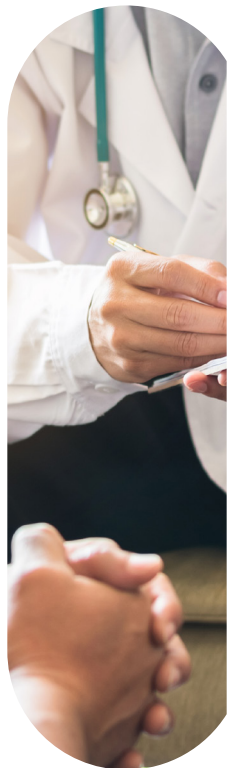
### Appointment Date

We will contact you within 2 weeks from your appointment date regarding your results. If you have not heard from us within 2 weeks, please contact the Medefer Patient Care Team by calling **0800 111 4314**.

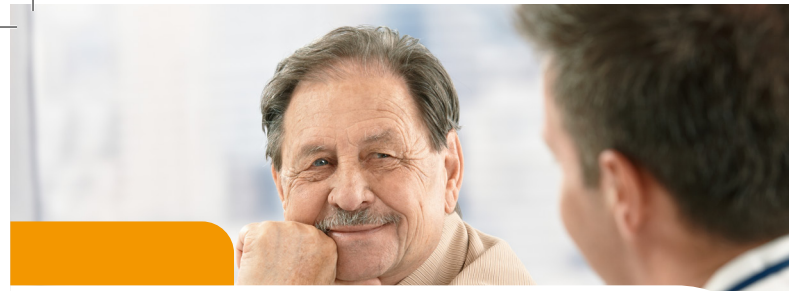
### Further information

Visit our website [talkprostate.co.uk](http://talkprostate.co.uk) for further information about the prostate gland, prostate cancer, and the PSA test.

If you have concerns or queries about the PSA test you have had today, you can call the Medefer Patient Care Team on **0800 111 4314** who will be able to direct you to the best person to answer your query.



[www.talkprostate.co.uk](http://www.talkprostate.co.uk)



You have been given this information leaflet because you have had blood taken today to measure your PSA (prostate specific antigen) level. PSA is a protein produced by both normal and cancerous cells in the prostate gland. We are looking to see whether you have a raised PSA level that needs further investigation.

### What causes a raised PSA?

There are several reasons why your PSA levels could be raised. One of the most common causes is an enlarged prostate, this is a condition called benign prostatic hypertrophy (BPH) and happens to most men as they get older. Prostate cancer can also be a cause for a raised PSA level. Other reasons include:

- Urine infection
- Recent ejaculation
- Vigorous exercise, like bike riding

You would have undertaken a urine test prior to your blood test to rule out any infection. If your urine result shows signs of an infection, you will be asked to delay your PSA test until this is clear. You will have been given information to delay your PSA test if you have ejaculated or carried out vigorous exercise within the last 48 hours.

### Some medications can reduce your PSA level and give a false test result.

We will have asked you to tell us about any medications that you are taking so that we can take this into account when we look at your results.

### How will I get my PSA test results?

Your blood sample will be sent to the laboratory today and Medefor will receive the results. We will let you know the results within 1-2 weeks. **Please do not contact your GP for the result.**

If you have not heard from us in 2 weeks, please contact the Medefor Patient Care Team by calling **0800 111 4314**. Lines are open **Monday to Friday, 8am to 6pm**.

### If your result is normal, we will write to you confirming this.

We will include a copy of the result, which you can keep for your records. We will advise your GP of the result, with any recommendations for future PSA testing.



**Targeted Prostate**  
Health Check



### If your result is raised, or if we require further information, we will contact you by telephone.

One of our clinical nurse specialists will call you to inform you and discuss your raised PSA result with you. This is not necessarily cause for concern. A raised result doesn't automatically mean bad news – there are many reasons for a raised PSA as outlined earlier in this leaflet. The clinical nurse specialist will ask you some questions to identify risk factors for prostate cancer, current health issues that may have affected your PSA level and whether you've had tests for prostate cancer before.

Depending on your individual assessment, the clinical nurse specialist may recommend a referral to a specialist consultant for further investigations and to check for signs of prostate cancer.