

## Rapid Prostate Assessment Clinic

### What is the Rapid Prostate Assessment clinic?

This clinic is designed for men who need investigation for suspected cancer of the prostate. The service has been designed to provide all necessary tests and consultations in one day at the same hospital.

You should be prepared to spend the whole morning in the hospital. Please bring something to read or entertain you and something to eat or drink while you are here.

We hope this leaflet will answer some of the questions that you or those who care for you may have at this time.

This leaflet is not meant to replace the consultation between you and your clinician, but aims to help you understand more about what is discussed.

### What are the symptoms that have led to me having this clinic appointment?

You have been referred by your GP because the result of your prostate-specific antigen (PSA) blood test is high or you have had a prostate examination and a possible abnormality was felt. This could potentially mean you have prostate cancer. However, there are several other common conditions apart from cancer that can cause a high PSA, so we need to do further tests.

We understand that this may be a worrying time but by being able to speed up the tests, we will be able to determine more quickly whether you have cancer of the prostate or not.

### What is a PSA blood test?

A PSA test measures a chemical in the blood, which is released by the prostate. Your PSA level usually increases with age, so the older you are, the higher your normal level of PSA. Your GP has referred you because your PSA level is higher than normal for you based on your age.

Conditions that can cause a high PSA level are:

- a prostate or urine infection
- prostate inflammation
- benign (non-cancerous) prostate enlargement
- prostate cancer

Other things that may affect PSA levels are:

- not completely emptying your bladder for a long time
- putting an instrument into the urethra

- sexual activity or bike-riding a few hours before having a PSA test

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### **What will happen at you clinic appointment?**

The rapid assessment prostate clinic forms three appointments.

1. Review by specialist nurse or doctor (your medical team) - They will ask you questions about your; symptoms; discuss your medical history; medical background; medications; and explain in more detail about PSA testing and what it means. Please bring a list of all your medications with you. An examination of your prostate will be undertaken with your consent. A gloved, lubricated finger is inserted into your back passage (rectum) to assess the size and consistency of your prostate.
2. Prostate MRI scan - A magnetic resonance imaging (MRI) scan uses magnetic waves to produce images of the body. It does not use X-rays or radiation. A prostate MRI takes images that can show us any suspicious areas of the prostate that might be cancer. The specialist urology doctor or specialist urology nurse will explain exactly what will happen on the day. You will usually have an injection of a contrast dye called gadolinium to help ensure the images are clear. You will be asked to lie very still on your back on a couch for about 30-40 minutes inside the scanner. After which, you will be allowed to go home.
3. Clinic review via telephone - The MRI result will be discussed at a pathway meeting with a Consultant and Radiologist. You will receive a phone call in the next week or two. The clinician will then go through the MRI report with you and explain what it means. The decision to proceed with a prostate biopsy will depend on the findings from the MRI and your own choice. If there is a suspicious area, we will normally recommend a prostate biopsy as that is the only way to find out whether the suspicious area is cancer or not.

If prostate biopsies are recommended these will be arranged and an appointment will be sent to you.

If a decision is made to monitor you PSA blood tests, then appropriate arrangements will be made with your GP (General Practitioner) or an outpatient appointment at the hospital.

You will automatically receive a copy of the clinic letter sent to your GP detailing the outcome of the Elevated PSA Clinic appointment unless you tell us that you do not wish to receive a copy of this letter.

### **What are the expected benefits of investigation?**

The investigations are undertaken to determine if prostate biopsies are required to assist in diagnosing prostate cancer or assess if PSA surveillance is an option along with managing any urinary symptoms.

### **What should I do before I come into hospital?**

- Expect and plan to be in the hospital all morning.
- Bring a relative or friend along to support you during the day.
- Bring a list of your current medications.
- Eat and drink as normal, unless you are advised otherwise, during the day.

- Take your medication as usual apart from blood thinning medications (see below).

### Who should I contact for help or information?

If you have any questions or concerns, please ask a member of staff. It may help to write down your questions and concerns as you think of them so that you have them ready. Please contact the hospital switch board - 01323 417400 to be put through to the Urology Investigation Suite and ask for the Specialist Urology Diagnostic Nurses. Please do not hesitate to ask if you think you have been forgotten or have waited too long to be seen.

### Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

### Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

### Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team ☎ Tel: (01323) 417400 Ext: 5860 or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net).

### Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

### Other formats

**If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact 01424 755255 Ext: 2620**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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### Reference

The following clinicians have been consulted and agreed this patient information:

Miss Sarah Tang – Consultant Urologist  
Rebecca Rushton - Specialist Urology Diagnostic Nurse

Next review date: March 2028  
Responsible clinician/author: Miss Sarah Tang - consultant Urologist

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