**Prostate Check Appointment**

**Dear Patient,**

We are writing to inform you about your upcoming appointment with one of our GP team for a prostate check and PSA blood test. We understand that you may have questions about what to expect during the consultation, as well as any steps to take prior to the appointment. Our goal is to ensure that you feel comfortable and informed throughout the process.

**What You Should Do Before the Appointment:**

Before your appointment, you should **avoid**:

* **Sexual activity**

Refrain from ejaculating or having anal sex for at **least 48 hours** before the test

* **Vigorous exercise**

Avoid activities like cycling that leave you out of breath for at **least 48 hours** before the test

* **Prostate massage**

Avoid a prostate massage for at **least 48 hours** before the test

* **Urological interventions**

Avoid having a prostate biopsy or cystoscopy within the 6 weeks before the test

* **Certain medications**

Discuss any medications you take with your doctor, as some may affect your PSA levels. These include:

Chemotherapy drugs

Statins

NSAIDS (nonsteroidal anti-inflammatories)

Urinary health medications

Supplements like carnitine, fenugreek, pomegranate, saw palmetto, the herb PC-SPES, lycopene, and phytoestrogens

* **Recent urinary tract infection or prostatitis**

You must wait 6 weeks after a urinary tract infection or prostatitis before PSA testing as this can cause false elevated readings

**What to Expect During Your Consultation:**

During your consultation, the GP will:

1. **Review Your Medical History**: You may be asked about your symptoms, family history, and any relevant medical conditions. Please provide as much detail as possible.
2. **Blood Test**: You will be asked to have a blood test to check for prostate-specific antigen (PSA) levels. This is a routine test that helps assess prostate health. The blood sample will be taken from your arm and typically takes only a few minutes.
3. **Prostate Check**: The GP may perform a physical examination called a Digital Rectal Examination (DRE) to assess the size and condition of the prostate. This is typically a quick procedure, although it may be slightly uncomfortable. The GP will explain the process before starting and will ensure your privacy and dignity are maintained throughout.

**The reason a DRE is part of the check is that there are concerns about a PSA test’s real ability to detect prostate cancer. About 3 out of 4 men with high PSA will not have cancer and about 1 in 7 prostate cancers can be missed.**

**After the Consultation:**

* **Results**: Please call reception after 4pm for the results of your blood test, which will typically be available after a week.
* **Post-Procedure Care**: While the prostate check and blood test are generally well-tolerated, you may experience mild discomfort or soreness after the examination. This is usually temporary, but if you experience persistent or severe symptoms, please contact us.
* **Further information:** Please visit website below for more information

https://prostatecanceruk.org/

If you have any other questions or concerns about your upcoming consultation, please don’t hesitate to contact our practice. We are here to support you every step of the way.

Sincerely,

Dr Carita Gomara

Dr William Leggate

Dr Samantha Bracken