# IMPORTANT INFORMATION

Dear Patient,

**PSA Test Appointment**  
  
We are writing to inform you about your upcoming appointment for a PSA (Prostate Specific Antigen) blood test. This is a simple blood test used to detect early prostate cancer. Most men will have a normal PSA level. About 3 in 4 men with a raised PSA level will not have cancer, however 15% of men with a normal PSA may have cancer.

Due to recent guidance from the British Association of Urological Surgeons (BAUS), a Digital Rectal Examination (DRE) is no longer required before referral for further prostate cancer screening if your PSA levels are elevated.

## 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
* ***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

## After the Blood Test

Your PSA blood test will be carried out by a phlebotomist, who will take a sample from your arm. PSA levels are age-specific and have a reference range that your results will be compared against. We suggest you contact the surgery for your results after 4pm, one week after your blood test

If your PSA result is outside the normal range for your age, your doctor will review the results and may contact you to discuss further steps. If your PSA level is within the normal range but you are still experiencing symptoms or have any further questions, you can still request a routine appointment to discuss your concerns with a doctor.

Sincerely,

Dr William Leggate  
Dr Samantha Bracken  
**Purton & Green Gable Surgeries**

June 2025