

Urology department

Advice to patients undergoing follow up PSA (prostate-specific antigen) measurement by their GP: Frequently asked questions

What is the PSA blood test?

Prostate-specific antigen (PSA) is a substance produced in the prostate gland. All men have some in their blood. If the amount in the blood is abnormally high, it might indicate that you have a disease in the prostate, which could be cancer or other conditions such as inflammation. PSA is not specific for cancer. In patients already diagnosed and treated for prostate cancer and in patients following normal tests to exclude prostate cancer, it is very valuable to monitor the changes of the PSA value over time.

Why do I need regular PSA tests?

You have either been diagnosed and treated for prostate cancer or have had normal tests to exclude prostate cancer. One's PSA level gives information about the state of the prostate which can be useful in assessing prostate health. The PSA reflects the normal turnover, inflammation or cancerous changes. Having already made several PSA measurements we will be able to use changes in your PSA as an indicator of your prostate health.

What does follow up PSA measurement involve?

PSA is measured by taking a simple blood test. You will then be seen by a doctor or a nurse who will make a general assessment of your health. This might include an examination. With the results of PSA test and assessment the doctor or nurse will be able to advise you on your prostate health.

Where can follow up PSA measurement take place?

The urology doctors have been looking after you so far. On the basis of our assessment and tests we believe that your condition and prostate health is stable and satisfactory.

For your convenience and reassurance, your GP and the urology doctors together can look after you in your local GP surgery. This is to minimise travelling and waiting times and to support you in a familiar environment. However, you do have the option to continue follow up PSA measurement in our outpatient clinic.

Other information

Please see your GP if you experience any new or worsening symptoms or side effects from medication.

This patient information leaflet provides input from specialists, the British Association of Urological Surgeons, the Department of Health and evidence based sources as a supplement to any advice you may already have been given by your GP. Alternative treatments can be discussed in more detail with your urologist or specialist nurse.

Who can I contact for more help or information?

Oncology nurses

Uro-oncology nurse specialist

01223 586748

Bladder cancer nurse practitioner (haematuria, chemotherapy and BCG)

01223 274608

Prostate cancer nurse practitioner

01223 274608 or 216897 or bleep 154-548

Surgical care practitioner

01223 348590 or 256157 or bleep 154-351

Non-oncology nurses

Urology nurse practitioner (incontinence, urodynamics, catheter patients)

01223 274608 or 586748 or bleep 157-237

Urology nurse practitioner (stoma care)

01223 349800

Urology nurse practitioner (stone disease)

01223 349800 or bleep 152-879

Patient Advice and Liaison Centre (PALS)

Telephone:

+44 (0)1223 216756 or 257257

+44 (0)1223 274432 or 274431

PatientLine: *801 (from patient bedside telephones only)

E mail: pals@addenbrookes.nhs.uk

Mail: PALS, Box No 53

Addenbrooke's Hospital

Hills Road, Cambridge, CB2 2QQ

Chaplaincy and multi faith community

Telephone: +44 (0)1223 217769

E mail: chaplaincy@addenbrookes.nhs.uk

Mail: The Chaplaincy, Box No 105

Addenbrooke's Hospital

Hills Road, Cambridge, CB2 2QQ

MINICOM System ("type" system for the hard of hearing)

Telephone: +44 (0)1223 217589

Access office (travel, parking and security information)

Telephone: +44 (0)1223 596060



We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Help with this leaflet:

If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk

**Document history**

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