

## **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.

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## **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.

## **What does my GP know about this?**

Your GP should have all information about your health and personal circumstances, and therefore is in an ideal position to advise you. We will have sent your GP a very precise summary of your prostate condition, with advice about the intervals of follow-up PSA measurement and the possible reasons to ask for help in the future from the urology doctors. You should continue any medications for your prostate condition unless your GP advises you to stop. If you want more information before deciding to be looked after by your GP, it is important that you ask your Urologist, GP or nurse and that you fully understand what is involved.

## **How will my results be returned to the Urology Department?**

Your GP will submit the results to the Urology Department on a regular basis. Your GP will also have direct access to a prostate specialist to ask urgent questions. Where appropriate, your GP will refer you back to the Urology department with the results of the assessment and the PSA test.

## **Who can I contact for more help or information?**

### **Oncology Nurses**

- Uro-Oncology Nurse Specialist  
01223 586748
- Bladder cancer Nurse Practitioner (haematuria, chemotherapy & BCG)  
01223 274608
- Prostate cancer Nurse Practitioner  
01223 348531 or 216897 or bleep 154-548
- Surgical Care Practitioner  
01223 348590 or 256157 or bleep 154-134

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## **Non-Oncology Nurses**

- Urology Nurse Practitioner (incontinence, urodynamics, catheter patients)  
01223 274608 or 586748

## **Patient Advice & 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  
derek.fraser@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 274604

## **Access Office (travel, parking & security information)**

- Telephone  
+44 (0)1223 586969

## **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.

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## How can I get information in alternative formats?

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

- Polish** Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)
- Portuguese** Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)
- Russian** Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)
- Cantonese** 若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到：[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)
- Turkish** Bu bilgiyi diğer dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya aşağıdaki adrese e-posta gönderin: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)
- Bengali** এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করুন।



Addenbrooke's is smoke-free. You cannot smoke anywhere on the site. Smoking increases the severity of some urological diseases and increases the risk of post-operative complications. For advice on quitting, contact your GP or the NHS smoking helpline free on 0800 169 0 169

## Document history

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First published	May 2005
Review date	April 2010
File name	Advice to patients undergoing follow-up PSA (prostate-specific antigen) measurement by their GP
Version number	5.0
Ref	33/Info_04_10