

PSA blood test

Urology Department

Patient Information Leaflet

Introduction

This leaflet gives information on a blood test to look for PSA. It explains more about the test, what you need to do before it and where you can have the test.

Blood tests are an extremely useful to:

- assess the general state of health
- confirm the presence of bacterial or viral infections
- see how well organs such as the liver and kidneys are functioning
- monitor treatment

What is a PSA test?

It is a blood test that can detect the early signs of an enlarged prostate. It is the most common first test for men who are worried about prostate cancer.

The test measures the level of PSA (prostate-specific antigen) in your blood.

PSA is a protein made only by the prostate gland. Some of it will leak into your blood, and the amount depends on your age and the health of your prostate.

PSA levels

The amount of PSA in your blood is measured in nanograms of PSA per millilitre of blood (ng/ml). PSA levels can range from 1ng/ml to hundreds of ng/ml.

- If you are aged 50 to 59, your PSA level is considered raised if it is 3ng/ml or higher.
- If you are aged 60 to 69, your PSA level is considered raised if it is 4ng/ml or higher.
- If you are aged 70 or over, your PSA level is considered raised if it is 5ng/ml or higher.

A raised PSA level in your blood may be a sign of prostate cancer. However, other conditions such as an enlarged or inflamed prostate or a urinary infection can also cause a raised PSA level.

What are the benefits of the test?

- It may reassure you if the test result is normal.
- It may give you an indication of cancer before other symptoms develop.
- It may find cancer at an early stage, when treatment could prevent the cancer from becoming more advanced.

What are the disadvantages of the test?

- It does not always pick up on cancer and therefore can provide false reassurance.
- It may lead to unnecessary worry and medical tests when there is no cancer.
- It cannot tell the difference between slow-growing and fast-growing cancer.
- It may make you worry by finding slow-growing cancer that may never cause any symptoms or shorten your life.

Your consultant will discuss this with you in more detail.

What do I need to do before the PSA test?

When you have a PSA test you should not have:

- an active urinary infection
- ejaculated in the last 48 hours (had sex or masturbated)
- exercised heavily in the last 48 hours
- had a prostate biopsy in the last six weeks
- had a digital rectal examination (DRE) in the last week

Each of these may produce an unusually high PSA result.

Where can I have the test?

You can have the test at any of the following places:

Corbett Outpatient Department

- Monday to Friday 8am to 6pm
- No appointment necessary

Guest Outpatient Department

- Monday to Friday 8am to 1pm
- No appointment necessary

Russells Hall Hospital, Therapy Department

Monday	8am to 7.30pm
Tuesday	5pm to 7.30pm
Wednesday	8am to 7.30pm
Thursday	12 noon to 7.30pm
Friday	12 noon to 7.30pm
Saturday	8am to 10am

No appointment necessary.

Booked appointments

You can also book a blood test appointment at any of these surgeries:

Brierley Hill Health & Social Care Centre (01384) 244330

Cross Street Health Centre (01384) 366257

Feldon Lane Surgery (01384) 244330

Hawne Lane Surgery (01384) 244330

High Oak Surgery (01384) 366155

Kingswinford Medical Practice (01384) 271241

Ladies Walk (01902) 575103

Lion Health Medical Practice (01384) 322222

Moss Grove Surgery (01384) 277377

Netherton Health Centre (01384) 244330

St. Margaret's Well Surgery (01384) 244330

The Limes Medical Centre (01384) 426929

Three Villages Wollaston Surgery (01384) 244330

Wychbury Medical Centre (01384) 322300

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Urology Team on 01384 456111 ext. 2873 (8am to 4pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/urology/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔