

Rapid Access Telephone Triage Service for Suspected Prostate Cancer

Urology Outpatient Department

Introduction

This service enables men who have been found to have a raised prostate specific antigen (PSA) blood test(s) to have investigations organised quicker without needing to attend the hospital for a consultation first. There is a national requirement for hospitals to offer a rapid access service for this, so that men who require treatment can start it as soon as possible.

What is a PSA blood test?

Prostate specific antigen (PSA) is a protein released by the prostate gland. This blood test measures the level of PSA in the blood stream. There is an expected level of PSA in the blood dependent on how old you are. If the level is above the normal range for your age, there are a number of possible causes for this, but it could potentially mean that you have prostate cancer.

Conditions that can cause the PSA blood test to be high are:

- A urine infection
- Prostate inflammation / infection
- Benign prostate enlargement
- Prostate cancer
- Retention of urine.

What investigations will I need?

In order to investigate why you have a raised PSA blood level, you will have a magnetic resonance imaging (MRI) scan of your prostate and it is likely that you will also need a prostate biopsy.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

How will the investigations be arranged?

A specialist nurse from the urology team will contact you by telephone once the referral from your GP has been received by the hospital. During this telephone consultation, you will be asked some questions about your general health, prescribed medications and family history. The specialist nurse will explain about the tests that you may require. You will have an opportunity to ask questions or request any further information. If appropriate, the specialist nurse will then arrange for you to have an MRI scan and prostate biopsies. Your first appointment will be for an MRI scan. If the specialist nurse feels it is more appropriate or if you decide that you wish to have a face to face consultation before these investigations take place, then an appointment can be arranged for you.

Multi-parametric MRI scan

This scan takes detailed images of the prostate gland and surrounding tissue. It will help to identify any areas of abnormal tissue within the prostate which can then be specifically targeted with biopsies. If nothing abnormal is identified on the MRI scan, you may not need to have a biopsy but this does not guarantee that there are no cancer cells present.

You will receive further detailed information about the MRI scan when you receive your appointment for this.

Prostate biopsy

If required, a prostate biopsy will take place approximately 7 days after your MRI scan. You will be sent a detailed information leaflet about what this involves. This type of biopsy is performed under ultrasound guidance with local anaesthetic in the outpatient department. A prostate biopsy involves using thin needles to take small samples of tissue from the prostate. The tissue is then looked at under a microscope to check for cancer. There are advantages and disadvantages to having a biopsy and you should consider these before having this test.

Advantages

- It is the only way to find out if you have cancer inside your prostate
- It can help find out how aggressive any cancer might be - in other words, how likely it is to spread
- It can pick up a fast-growing cancer at an early stage, when treatment may prevent the cancer from spreading to other parts of the body
- If you have prostate cancer, it can help your doctor or nurse decide which treatment options may be suitable for you
- If you have prostate cancer, you will usually need to have had a biopsy if you want to join a clinical trial in the future. This is because the researchers may need to know what your cancer was like when it was diagnosed.

Disadvantages

- The biopsy can only show whether there was cancer in the samples taken, so it is possible that cancer might be missed
- It can pick up a slow-growing or non-aggressive cancer that might not cause any symptoms or problems in your lifetime. You would then have to decide whether to have treatment or whether to have your cancer monitored. Treatment can cause side effects that can be hard to live with. Having your cancer monitored rather than having treatment might make you worry about your cancer
- A biopsy has side effects and risks, including the risk of getting a serious infection
- If you take medicines to thin your blood, you may need to stop taking them for a while, as the biopsy can cause some bleeding for a number of weeks.

What happens after the MRI scan and biopsies?

The results of your investigations will be discussed at the Urology multidisciplinary team meeting (MDT). Following this, you will usually have an appointment to be informed of the results.

Where can I find more information and support?

If you have any questions or concerns about your treatment, please speak to your doctor or contact the nurse specialists on telephone number 01902 694467. The number may divert to answer phone where you can leave your name and a brief message. The nurse specialist's hours of work are Monday to Friday 08:00 to 17:00.

Useful Contacts

Prostate Cancer UK

020 3310 7000

www.prostatecanceruk.org

0800 074 8383

Prostate Cancer Support Association

0800 035 5302

www.prostatecancersupport.co.uk

Cancer Research UK

0300 123 1022

www.cancerresearchuk.org

0808 800 4040

Macmillan Cancer Support

0808 808 0000

www.macmillan.org.uk

Macmillan Support and Information Centre

01902 695234

www.cancercarewolverhampton.nhs.uk

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。