



Oxford University Hospitals
NHS Foundation Trust

Prostate Pathway

Information for Patients



Why have I been given this leaflet?

You have been given this leaflet because you have been referred to the Urology Department at the Churchill Hospital, due to concerns that you may have prostate cancer. This leaflet explains the investigation pathway.

Please read this leaflet before your appointment. The nurse practitioner or doctor will go through the information with you at your appointment, and answer any questions you have.

Why have I been referred?

The two most common reasons for referral are:

- A raised PSA blood test
- and/or
- An abnormal feeling prostate on examination

PSA (Prostate-Specific Antigen) is a protein released by the prostate gland which can be measured by a blood test. The PSA level can rise with age, because your prostate gets bigger as you get older. One of the reasons that your PSA may be raised is because you have prostate cancer. However there are other reasons that your PSA may be raised. These include having an enlarged prostate; prostatitis (an infection of the prostate); urine infections or having ejaculated or undertaken vigorous exercise such as cycling in the 48 hours before your blood test.

Your GP may have examined your prostate by placing a finger in your back passage. This is called a Digital Rectal Examination (DRE). An abnormal feeling prostate may indicate that there is cancer in the prostate, whether or not the PSA level is raised. A raised PSA or an abnormal DRE may require investigation.

What is the prostate?

The prostate is a small gland found only in males. It is usually about the size of a walnut but can be bigger. It sits around the urethra (the water pipe) under the base of the bladder and next to the rectum. The prostate is vital for reproduction; its main purpose is to produce a thick white fluid, which mixes with sperm to form semen.

Your first contact with the Urology Team

Your GP team will have booked you a telephone appointment with one of the urology team. The Urology Nurse Practitioner team will be your first point of contact with the department. The nurse practitioner will telephone you to discuss your referral and to ask you some additional questions to see if you need further investigations. They will ask if you are available for the next few weeks to complete the investigations. If you are due to go on holiday/travel abroad at anytime in the next 8 weeks please let the nurse practitioner know when you speak with them.

What investigations might I need?

You are likely to be booked for a MRI scan (called a multiparametric MRI scan) which can show if there are specific areas within the prostate that look suspicious for prostate cancer. It also provides the doctor and you with additional information to make an informed decision about whether a prostate biopsy is necessary. There may be occasions when you are unable to have a MRI scan including having:

- metallic heart valves
- pacemaker or implantable cardioverter-device (ICD)
- metallic implants or devices (nerve stimulators, cochlear implants, drug pump implants, penile implants or eye implants)
- stray metalwork
- claustrophobia
- surgical clips or tapes including brain aneurysm clips

Please raise any concerns that you may have regarding your MRI with the nurse practitioner or the Radiology department.

Do not worry if you are unable to have a MRI scan. You will have a face to face consultation with a urology consultant to discuss further investigations including a prostate biopsy.

If the nurse practitioner requests a MRI scan, you will be contacted directly by the Radiology department at the Churchill Hospital to book your appointment.

The Radiology department has produced a video about having an MRI scan, which you may find useful. It can be found using this link:

<http://tinyurl.com/ouhmri>

What might my MRI show?

The radiology doctor will give the images of your prostate a score from 1 to 5. You may hear this called your PI-RADS (Prostate Imaging – Reporting and Data System) score. The score ranges from low likelihood of having cancer that needs treating (PI-RADS 1 or 2) to high likelihood (PI-RADS 4 or 5), with a score of PI-RADS 3 being 'equivocal' which means it is unclear whether there is cancer that needs to be treated. If there is a suspicious area on your MRI this can be 'targeted' when doing a prostate biopsy.

The MRI will also show if your prostate is large, which can sometimes explain why your PSA level is raised.

What happens after my MRI scan?

In 5-10 days after your scan (to allow time for it to be reviewed and reported on) you will have an appointment with a Urology consultant. This appointment will be your opportunity to discuss your MRI scan and the next steps in your investigation.

What if I need a prostate biopsy?

Your consultant appointment will generally be in the morning and if you are to have a prostate biopsy this will usually be offered on the same day. You should be prepared to stay in the department for most of the day. Please arrange for someone to drive you home after your biopsy. Your consultant appointment may also be a telephone appointment.

There will be occasions when you cannot have a same day biopsy such as if you are taking warfarin or other anticoagulants; if it is not convenient for you or if you have had a telephone appointment. If this is the case then our administrator will contact you to arrange a biopsy within the following few days, or once your medication has been stopped long enough. Please do not stop warfarin or other anticoagulants without first speaking to the nurse practitioner or doctor.

What should I bring to my appointment/biopsy?

Please bring a list of your current medications, a fresh urine specimen (taken within the last 2 hours), a dressing gown and slippers. We also ask that you attend your appointment having eaten and drunk normally for you, but avoiding alcohol.

During your time in the department we may ask for you to provide a flow rate. This involves passing urine in to a flow rate machine in the privacy of a toilet cubicle. We will then scan your bladder with an ultrasound scan to see if there is any urine left behind. This information helps us to build a better understanding of your presenting symptoms (if any) and what treatment options may be available to you.

What happens during the prostate biopsy?

There is a separate information leaflet Transrectal prostate biopsy under local anaesthetic which explains about the biopsy procedure. This will be emailed or sent to you by the nurse practitioner or you can access it on the Trust website in the Patient Information Leaflet section of the Patient Guide.

The Trust website address is www.ouh.nhs.uk

Most patients have a transrectal prostate biopsy but sometimes (for example if you have a very large prostate) you may have a different type of biopsy called a transperineal biopsy. This will be discussed with you at your consultant appointment.

Will I need any other tests?

After your biopsy you may be called for a further MRI scan, (a MRI Marrow) to complete your investigations before you get an appointment to find out and discuss your results. This is to give more information to help the nurse specialist and doctor interpret your results and, if needed, recommend appropriate treatment.

The Urology Team

We work as a multidisciplinary team and throughout your investigations – including receiving results and any treatment discussions – you may see/speak with urology nurse practitioners, urology doctors, oncology nurse specialists and oncology doctors as well as administrators.

You will be telephoned with your appointment details, which you can note in the spaces below. All appointments will be at the Churchill Hospital:

MRI scan (Radiology (X-ray) Department):

Date:

Time:

Urology appointment (Wytham Urology Outpatients Department):

Date:

Time:

Notes:

Further information

Prostate Cancer UK

www.prostatecanceruk.org

British Association of Urological Surgeons

www.baus.org.uk/patients

How to contact us

If you are unable to come for your appointment or have a query about your appointment time please contact the admin team on:

Tel: **01865 234 444**

(8.00am to 5.00pm, Monday to Friday)

To contact the Urology Nurse Practitioners:

Tel: **01865 572 373**

(8.00am to 4.00pm, Monday to Friday)

Please leave a message and we will call you back.

Further Information

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

Authors: Urology Nurse Practitioners & Prostate Team

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