

Information about your

Prostate Assessment Clinic Appointment



Royal Alexandra Hospital

Inverclyde Royal Hospital

This leaflet will give you information about:

- Your appointment at the Prostate Assessment Clinic
- The prostate
- Prostate Specific Antigen (PSA)
- What tests are available

You have an appointment to attend the Prostate Assessment Clinic to find out what is causing your bladder (urinary problems).

5 days before your appointment please complete your bladder chart. You will need to bring this to your appointment.

We have enclosed a specimen container, please fill this on the morning of your appointment and bring it with you.

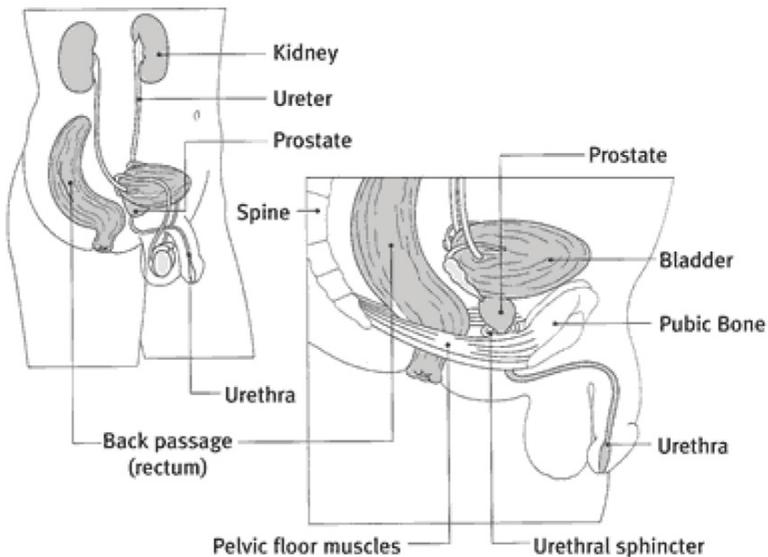
You will also need to have a full bladder when you come for your appointment. Please try to drink 1 litre (1.75 pints) of fluid before your appointment and try **not** to go to the toilet. We can provide you with water at the clinic if you find it difficult to hold on.

Your appointment will take approximately 30 minutes.

What is the prostate?

The prostate gland is about the size of a walnut and surrounds the bottom of a man's bladder and the top of the urethra - the tube that carries urine from the bladder. The prostate is made of glands and muscle.

When a man has an orgasm, the prostate muscle squeezes a small amount of fluid from the glands into the semen where it seems to energise the sperm.



Why do men have problems with their prostate?

In boys and young men the prostate is tiny but for reasons which we do not understand it gets larger as you get older. The amount of enlargement varies from man to man as do the problems which it can cause.

The purpose of the bladder is to store urine until it is convenient to go to the toilet. However, if you have an enlarged prostate it can block the outlet from the bladder until it affects the flow of urine through the bladder outlet (the urethra).

Why have I been referred to the Prostate Assessment Clinic?

You may have been referred to this clinic as you have some of the following symptoms:

- Difficulty in passing urine. You may find yourself waiting several minutes for the flow to begin and it may be slow.
- An urge to suddenly go to the toilet or need to go more often.
- You may find that something triggers the bladder, e.g. turning on a tap, turning the key in the door, or getting up in the morning, which may mean you have an urgency for the toilet and, or the bladder leaks before you get to the toilet.
- Your sleep may be disturbed as you have to go the toilet during the night.

You will see a urology nurse specialist at this appointment.

What will the Urology Specialist Nurse do?

The nurse will want to find out the extent of your prostate problems. They will ask you questions, but most of the useful information comes from routine tests. These routine tests include:

- a urine test (to look for infection)
- an X-ray or ultrasound scan (to check how well the bladder is emptying)
- blood tests
- a urine flow test to see how fast you pass your water.

After these tests are completed we will make an appointment for you to see a consultant urologist before you leave the clinic.

What happens if I need treatment?

If you have an enlarged prostate we can treat this with medication or surgery (which is called Transurethral Resection of the Prostate (TURP)).

Medication

There are several medicines that your GP can prescribe for this condition. The exact treatment that you receive will depend on the severity of your symptoms, and the degree to which they bother you.

Medicines that can control your symptoms work in one of two ways:

1. by relaxing the muscle surrounding the prostate, bladder and urethra, or
2. by gradually reducing the size of the prostate.

Both have the effect of widening the urethra, thereby allowing urine to flow more freely.

What if I need surgery?

If your symptoms are severe the urologist may recommend that you have surgery. The procedure is straightforward and involves removing part of the enlarged prostate gland.

You will have an anaesthetic. The surgery involves using tiny telescopes through the penis.

The most common surgery is the Trans Urethral Resection of the Prostate (TURP).

Prostate Specific Antigen (PSA)

We will offer you a blood test called a prostate-Specific Antigen. This can help detect prostate cancer at an early stage.

PSA is a substance produced in the prostate, some of which enters the blood. All men have PSA – but having a higher level than normal can indicate cancer but this is not always the case. However, cancer can be present even if the PSA test is normal.

There is some debate about the reliability of the PSA test; therefore we will give you information to decide whether you want the PSA test.

We will usually do the test unless you either:

- tell us that you do not want it, or
- that you want more information before it is done.

If you do want more information, we will be happy to answer any questions you may have.

Please note, sometimes there is a definite need to do the test, and we will explain this to you

What if the PSA Test is abnormal (i.e. higher than normal)?

This does not necessarily mean you have cancer, but it may mean that you need further tests to try and detect whether you have prostate cancer.

Further information

If you have any questions

- For patients attending the Royal Alexandra Hospital please telephone: **0141 887 9111** (Page number 56304)
- For patients attending Inverclyde Royal Hospital please telephone: **01475 504577** (Page number 51173)

