

## Digital Rectal Examination (DRE)

Sometimes to assist diagnosis or to evaluate the current state of your condition the clinician will need to perform a rectal examination.

You will be asked to take off your clothes below the waist and lay on your left hand side with your legs drawn up to your chest. You will be behind a curtain, you will be given a disposable towel to cover yourself with.

Once you are comfortable the clinician will insert a gloved finger into your rectum and examine your prostate. The examination is short and should only cause minimal discomfort, but please tell your clinician if you are unable to continue.

The clinician will ask you if you would like a chaperone, if you wish this can be someone who has accompanied you to the appointment or one of our trained chaperones, a male chaperone is available.

## Hormone Therapy

Some conditions of the Prostate gland are treated by regular hormone injections which can be

administered by our Practice Nursing Team or the District Nursing Team if you are housebound or become housebound.

Usually you will be told what the interval of your injections will be and you might want to make a note on your calendar when the next one is due.

If you phone us about two weeks to a month before your injection is due our reception team will make you an appointment and our dispensary will order in the required injection.

**If you are unable to attend the surgery please still phone the reception team and they will arrange for a district nurse to visit.**

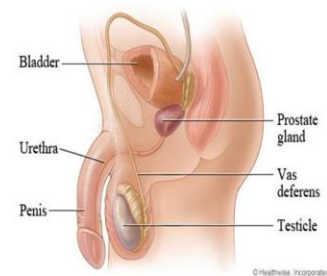
The hormone therapy, to be at its most effective, needs to be administered on a regular basis as prescribed,

If you are unsure when your next appointment is due please do not hesitate to contact us.

## Further Guidance

<http://www.nhs.uk/Livewell/Prostatehealth/Pages/Prostatehome.aspx>

## Your Prostate Monitoring and ongoing treatment at Hoveton & Wroxham Medical Centre



Hoveton & Wroxham Medical Centre  
Stalham Road  
Hoveton NR12 8DU

Appointments : 01603 782155

## Monitoring your Prostate function

As you will be aware you have a condition of the prostate gland or you currently have symptoms that we are investigating.

The easiest way of doing this is by a blood test that measures the amount of Prostate-Specific Antigen (PSA) there is in your blood.

If you are under the care of a Urologist they should give you a form to have your blood taken at this surgery. If they have not sent you a form, please call their secretary and ask for a form. It is useful to have a PSA test about a week before you see the Urologist so that they have the results available at your clinic appointment.

If you have new symptoms and the blood test is requested by a GP or Advanced Nurse Practitioner, we will produce the blood form so the results come back to us for the requesting clinician to assess.

You can book your blood tests up to a month in advance by calling our reception team.

## Things to avoid before your PSA test

It can be very worrying to get an elevated reading. However, the test is very sensitive and can pick up artificially high readings due to the following, which should be avoided for at least **72 hours** before your PSA test:

- ⇒ **Some vigorous forms of exercise** - which can cause a great deal of movement in the prostate area, stimulating it. In particular **horse riding and cycling**.
- ⇒ **Rectal examination** - As explained later in this leaflet it is sometimes necessary for the clinician to manually examine the prostate gland.
- ⇒ **Sexual Activity**—Please abstain from sexual activity and ejaculation.
- ⇒ **Nutritional Supplements**—Please talk to your clinician if you are taking supplements that increase testosterone (other than those prescribed)
- ⇒ **Prostate Biopsy**—You are best to wait at least **6 weeks** post having a biopsy (small sample taken) of your Prostate Gland

## Could you have an infection?

Another factor that can cause an artificially high PSA reading is if you have an infection. Some symptoms of infection are:

- Offensive smelling urine
- Temperature
- Pain on urinating
- Pelvic pain/loin ache

If you have any new symptoms it is best to see a clinician by making a same day appointment.

If you wake up with symptoms on the day that you are having your PSA test please arrive a little earlier for your appointment and do a sample using a container from reception and let the Health Care Assistant know before she takes your blood.

Unfortunately if your urine does test positive for infection we will need to postpone your blood test until the infection is fully treated.

**Please do not drop urine samples at reception unless asked to do so by a clinician.**