

2 Week Wait Prostate Pathway – Patient Advice sheet

Dear Patient,

You were given this leaflet because your General Practitioner (GP) asked the Urology Service to investigate your elevated prostate-specific antigen (PSA) on your recent blood test.

This leaflet aims to help you understand what to expect once the urology department receives your referral.

What is a PSA?

PSA is a protein produced by both cancerous and non-cancerous tissue in the prostate, a small gland that sits below the bladder in men. It can be easily measured on a blood test.

What is a 2 week wait (2WW) prostate pathway?

It is a pathway that consists of a series of investigations/appointments with the goal of providing a reassurance that the raised PSA is not caused by the underlying cancerous changes in your prostate. However, if during the pathway we discover underlying disease, we will be able to provide timely diagnosis. We aim to achieve that within 28 days of being the referral being received in hospital.

What happens once your referral is received?

When we receive your referral, a telephone consultation takes place with an Advanced Nurse Practitioner (ANP) within the next 24 hours. This is to discuss your current symptoms and a suitability for a Magnetic Resonance Imaging (MRI) scan of the prostate and any other scans that may be required.

Please note that if we received the referral on Friday, you might receive a phone call on Monday as this service runs from Monday to Friday (9AM – 4PM).

During this telephone consultation you will be given a date for a face-to-face appointment in 7-10 days' time at Wycombe General Hospital, in the Urology Investigations Unit (level 3) to be examined and to discuss the results on MRI scan if you were deemed to

require one. Depending on the clinical findings you might be asked to have prostate biopsies, for which the waiting time is currently a few weeks, but we aim to try and improve this.

What tests and procedures may I need?

Please mind that each patient's pathway might be slightly different. You might be offered several investigations on the pathway. Additional tests or investigations will be discussed with you in detail during your telephone and face-to-face consultation.

Common tests and procedures include:

- Magnetic Resonance Imaging (MRI) scan.
- Digital Rectal Examination (DRE)
- Local Anaesthetic Transperineal Prostate Biopsies (LAMP) or Transrectal Ultrasound Scan (TRUS) and Biopsy
- Flow Rate Test
- Urine Test
- If appropriate, further staging scans may be needed such as a PSMA PET or bone scans further down the pathway.

What happens next?

Once all results are available, your case will be discussed at our Multi-disciplinary Team (MDT) meeting to decide the best treatment plan for you. All this information will be collated and fed back to you at the results clinic with the Clinical Nurse Specialist (CNS). You will be able to bring someone with you to this appointment if you wish so. If treatment is required, appointments to see the appropriate specialist doctor will be organised.

Where do I need to go?

Urology Investigations Unit – Level 3
Wycombe General Hospital
Queen Alexandra Road
High Wycombe
HP11 2TT

Contact details:

Phone number: 01296 838483 Monday – Friday 9AM – 4PM
E-mail: **EMAIL ADDRESS TO BE UPDATED**
Out of hours and in case of emergency please contact your GP or 111

Further reading:

Prostate Cancer UK –

<https://prostatecanceruk.org/prostate-information>

The British Association of Urological Surgeons –

https://www.baus.org.uk/patients/conditions/10/raised_psa/

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

Patient Advice Sheet

If you would like a copy of this information on audiotape, **in large print** or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net