

Patient information factsheet

One-stop prostate clinic

We have given you this factsheet because you have been referred to our one-stop prostate clinic. This factsheet explains what the one-stop prostate clinic is, what to expect at your appointment and how to prepare for it. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

What is the one-stop prostate clinic?

The one-stop prostate clinic is a nurse-led clinic for people who have been referred on a 'two week wait' referral (a request from a GP for an urgent hospital appointment) by their GP because they have symptoms that might indicate they have prostate cancer (cancer that starts in the prostate gland). The prostate gland is found at the base of the bladder and is about the size of a walnut. The clinic helps us to decide whether any further tests are needed to rule out a diagnosis of prostate cancer.

Why have I been referred to this clinic?

Your GP has referred you to the clinic because you may have:

- a raised level of prostate specific antigen (PSA) in your blood (this is a protein made by the prostate which naturally leaks into the bloodstream)
- an abnormal-feeling prostate
- other symptoms that might indicate you have prostate cancer

How should I prepare for my appointment?

Food and drink

You can eat and drink as normal before your appointment.

Medications

Continue to take your usual medications as normal before your appointment.

Flow test

At your appointment, we may ask you to complete a flow test (a test used to measure the flow of urine during urination). For this reason, please attend your appointment with a full bladder.

What will happen at my appointment?

A one-stop prostate clinic appointment is usually split into two parts:

- a nurse practitioner assessment
- a prostate MRI (magnetic resonance imaging) scan (if necessary)

If you live locally and need a prostate MRI scan, you will be able to go home after your nurse practitioner assessment, but we will ask you to come back later the same day for your prostate MRI scan.

Patient information factsheet

If you do not live locally and need a prostate MRI scan, we will ask you to either wait within the hospital for your scan, or you may leave and come back at an agreed time for your scan. Please be prepared to spend up to six hours in hospital in total.

A nurse practitioner assessment

A nurse practitioner will ask you about your symptoms, your past medical history and answer any questions you may have. From this assessment, they will decide if you need any further tests, including a prostate MRI scan.

A prostate MRI scan

An MRI is a type of scan that uses strong magnetic fields and radio waves to produce detailed images of the inside of the body (including your prostate gland). It is a painless and safe procedure. This scan will take approximately 45 minutes. For more information about this scan, please visit our website: www.uhs.nhs.uk/for-patients/patient-information-leaflets and download the 'Magnetic resonance imaging (MRI) prostate scan' factsheet.

What will happen after my appointment?

You will be able to go home and return to your normal daily activities immediately after your prostate MRI scan (if needed).

When will I receive my results?

Your MRI scan images will be reviewed by our clinical team, who will decide based on your results whether you should have a prostate biopsy (a procedure that involves using thin needles to take small samples of tissue from your prostate to test for cancer).

If you do not need to have a prostate biopsy

You will receive a phone call from one of our nurse practitioners who will talk through your results with you.

If you do need to have a prostate biopsy

You will receive a phone call from our prostate pathway co-ordinators to arrange a suitable appointment time. Your MRI scan results will be discussed with you at your biopsy appointment.

If you've not received a phone call from us within 10 days of your one-stop prostate clinic appointment, please contact our prostate pathway co-ordinator team on **023 8120 5524**.

Contact us

If you have any queries about your appointment date or time, please contact:

The 2WW fast track appointment office

Telephone: **023 8120 1019** (Monday to Friday, 8am to 8pm, Saturday, 8am to 4.30pm)

If you have any other questions or concerns, please contact:

The urology centre

Telephone: **023 8120 8455** (Monday to Friday, 8am to 6pm)

Patient information factsheet

Useful links

www.prostatecanceruk.org

www.cancerresearchuk.org/about-cancer/prostate-cancer

www.macmillan.org.uk/cancer-information-and-support/prostate-cancer

www.nhs.uk/conditions/prostate-cancer

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**