



Preparation for a prostate check with your family doctor

Questions	Comment
Age	
Weight	
Smoker If Yes how many a day?	YES / NO
Ex-Smoker If Yes when did you quit?	YES / NO
When was the last time you visited your Doctor?	
How do you feel today? Out of 10: 1 poorly / 10 is good	
<p><u>Symptoms of a prostate problem:</u> (Having these problems does not mean you have prostate cancer)</p> <ul style="list-style-type: none"> • Difficulty peeing, even when you push hard • Peeing more often than usual • Getting up at night to have a pee only to get up again later on • A feeling that you haven't fully finished • Stop-start peeing • Discomfort or burning when peeing • Blood in your pee or semen • Unexplained back or groin pain • Pain when passing urine • A slow flow of urine 	YES / NO
When did any of these symptoms start?	
Did this ever happen before?	YES / NO
Any other symptoms which you think are <ul style="list-style-type: none"> ➤ Unusual ➤ Can't explain ➤ Have lasted for a few weeks 	
Family History: Did your father / brother or any other family member prostate cancer?	YES / NO

The doctor will carry out a physical examination and will also take a blood test to measure PSA.

Ask the doctor about the tests and why he/she is carrying them out.

- How safe and accurate are the tests?
 - When will I know the test's results?
 - What is a normal PSA reading for a man of my age?
 - Will I need more medical tests?
 - Does my prostate gland feel normal?
 - What are the next steps for me?
 - Do I need a follow-up visit and if so, when?
 - How is the disease or condition treated?
 - Where can I get more information?
 - What symptoms should I watch for?
 - When should I have my PSA repeated?
 - Do I need a prostate biopsy?
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- ✓ **Take a few minutes to think about what the doctor has said.**
 - ✓ **Repeat what has been said if that helps.**
 - ✓ **If you don't understand just say so, this is your time.**
 - ✓ **If you are left with a niggling question or worry now is the time to mention it.**
 - ✓ **Bring someone with you to the visit to help you remember what's discussed**

To find out more speak with a specialist nurse in confidence by calling our **Cancer Nurseline on Freefone 1800 200 700** or visit a **Daffodil Centre**