

Prostate One Stop Clinic

This leaflet explains the Prostate One Stop Clinic and what you can expect when you come for your appointment.

The appointment usually lasts between five to six hours. You may want to bring along a relative, friend or carer to your appointment and you will also need to arrange someone to take you home following the procedure as you will not be able to drive. You can eat and drink as normal prior to your procedure. Please bring a list of your current medications.

Your appointment may consist of:

1. Consultant assessment

At your appointment you will be asked to provide a urine sample, a flow test and urinary symptom record. **PLEASE ATTEND THE APPOINTMENT WITH A FULL BLADDER.** The consultant will talk to you about your symptoms, assess any medical conditions you may have and answer any questions.

2. A prostate MRI (magnetic resonance imaging) scan

An MRI scan uses a combination of powerful magnet and radio waves to scan your body and it will provide us with detailed images of your prostate gland. This test will take approximately 30 minutes. For more information about the scan please see a copy of our leaflet 'Having an MRI scan' or ask a radiographer for one. Depending on the findings from your MRI scan the consultant may recommend that you have a prostate biopsy.

3. Prostate Biopsy

Prior to the procedure you will be given Ciprofloxacin, an antibiotic which is given to try and prevent infection following the procedure.



During the procedure an ultrasound probe is placed in the rectum, this allows your prostate gland to be seen on a computer screen. A local anaesthetic is injected around the prostate to reduce the discomfort of the biopsy. While this is taking effect, some measurements of the gland are taken and finally a number of small pieces of tissue (biopsies) are taken. The whole procedure takes around 15 to 20 minutes.

Following your biopsy you will be able to go home, the time varies for each patient but usually you can go home once you have passed urine. An appointment will be arranged for you to discuss the results of the investigations, this will be sent to you in the post.

Contact details:

If you have any questions about your appointment or information included in this leaflet, please contact:

Urology Clinical Nurse Specialist Team, Doncaster Royal Infirmary:

Tel: **01302 642535** or **01302 644667**.

Further information is available from:

Prostate Cancer UK www.prostatecanceruk.org.uk **0800 074 8383**

Macmillan Cancer Support www.macmillan.org.uk **0808 808 00 00**

Cancer Research UK www.cancerhelp.org.uk **080 800 4040**

Patient Experience Team

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059

Email: dbth.pals.dbh@nhs.net