Rapid access prostate clinic

Information for patients

Your GP has referred you to the urology clinic for an assessment of your prostate. In order to help things run smoothly and as timely as possible, here is some information about the appointment to help you prepare. A doctor will explain everything to you and answer any questions you may have during your appointment.

In most cases it will be possible for a friend or relative to accompany you for all or part of the appointment. Please ask your nurse or doctor on arrival.

You will be required to spend a significant part of the day at the hospital; therefore, it is important to take this into account when you are planning your travel arrangements.

What do I need to do before the appointment?
Please attend clinic with a full bladder as a urine flow test is often required (please inform the clinic nurse if you need to pass urine urgently on arrival). If attending with a full bladder is difficult, please feel free to arrive earlier. Water is available to drink while you are waiting in the clinic.

Please fill in the ‘International Prostate Symptom Score (IPSS) questionnaire’ enclosed with this information sheet, which is about the urinary symptoms that you may or may not be experiencing.

What will happen during my appointment?
You will be seen for a consultation with a doctor to discuss your symptoms. Following this, most patients will require a scan of their prostate (MRI); you will be required to attend the radiology department for this scan straight after your consultation.

You can find out more about having an MRI scan here: www.royalfree.nhs.uk/services/services-a-z/radiology/radiology-services

What will happen after the MRI scan?
The MRI scan will be conducted with contrast (dye) which will involve putting a cannula in your arm before the start of the scan. The scan will be looked at by an expert radiologist shortly after, who will produce a report. Once your scan has been completed, you will be invited back to clinic in the afternoon to discuss your results and treatment plans if required.

Your doctor may suggest that a prostate biopsy is required based on your MRI scan results. This biopsy will be carried out under local anaesthetic in the clinic room, where a clinical nurse specialist will be available to assist.

Contact us
Please do get in touch if you have any questions about your appointment. You can contact the prostate patient navigator on 020 7794 0500 extension 39185.

If you have any feedback on this leaflet or for a list of references for it please email: rf.communications@nhs.net.

This leaflet is also available in large print. If you need it in another format - for example braille, a language other than English or audio - please ask a member of staff.

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