



5905 Shamrock Road
Durham, NC 27713
919.321.0365
Email: info@pccnc.org
Website: www.pccnc.org

Together we will reduce the death rate from prostate cancer!

Primary Care Doctor/ Patient Pre- Urologic Referral Discussion Guide for Patients with Abnormal Screening Results

Depending on your screening results, the Urologist may treat you for inflammation, Benign Prostatic Hyperplasia “BPH” recommend additional tests (such as re-screening, “Free to Total PSA,” evaluating PSA density and/ or volume), or just suggest “active surveillance.”

If the Urologist Recommends that you Undergo a Biopsy

- Prostate cancer is found in about 1 in 5 men who undergo a prostate biopsy
- About 1% of a prostate is sampled in a typical prostate biopsy
- The entire procedure takes 20 to 30 minutes and modern techniques greatly lessen discomfort

The biopsy will be examined by a pathologist who confirms whether or not cancer is present in the core samples. If you do have prostate cancer, important information can be obtained from the biopsy. Your *Gleason Score*, *Clinical Stage*, and the *location within the prostate where your cancer was found* can provide valuable information for understanding which treatment option is best for you.

You may want to **request that your biopsy be performed in accordance with current AUA Guidelines.***

- Request a local anesthetic
- At least 10 to 12 biopsy cores (a cylinder of prostate tissue approximately 3/4 inch in length and 1/16 inch in width) should be taken
- Ask that the 10-12 cores be stored in at least 5 to 6 containers and the samples in each container be analyzed separately. The containers should be labeled to indicate from which part of the prostate was taken.

*Note: The patient or practice may want to confirm health coverage for these AUA guidelines to avoid unforeseen cost to the patient.