

Prostate screening

What to ask your doctor

Bring these questions to your appointments or keep them on your phone. You don't need to ask them all—just pick the ones that make you feel prepared and supported.

Understanding screening options

- What screening tests are available for prostate cancer?
- What is the difference between a PSA blood test and a digital rectal exam?
- Would you recommend one test, or both, for me?

Understanding PSA testing

- What does my PSA level measure, and how is it used in screening?
- What is the normal PSA level for me/my age?

Factors that affect PSA results

- Are there factors in my health or lifestyle that could affect my PSA level?
- Could medicines, supplements, infections, or recent activities affect my results?
- Should I do anything to prepare before a PSA test?

Limits and risks of screening

- How accurate is PSA testing?
- What does it mean to have a false-positive or false-negative result?
- What are the possible risks of follow-up testing, such as biopsies?

If results aren't normal

- If my PSA result is higher than normal, what are the next steps?
- Would repeating the PSA test or getting other tests be an option?
- When would a prostate biopsy be recommended?