

## **PSA TEST – What to Avoid Prior to the Test**

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Disclaimer: Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing prostate cancer care.

The PSA result can be skewed by the following:

Avoid having sexual relations for 48 hours before your test. 72 hours even better. Ejaculation during this time is likely to elevate your PSA level.

Insure physician doesn't perform a DRE "prior" to drawing the blood serum for a PSA result.

Avoid any manipulation of the prostate.

Avoid bicycling, exercise bikes, or even motorcycling 48 hours prior to the test.

Avoid riding any vehicle, animal, or device that results in excessive bouncing up and down (for example: farm equipment, ATV's, horses, camels, you-name-it).

You may need to avoid taking certain medicines before the test because they might affect the test result.

Make sure your health care provider knows about any medicines, herbs, or supplements that you are taking.

The PSA level will also be affected if you have benign prostatic hyperplasia (BPH). BPH is a common condition of older men that occurs when the prostate grows larger with aging. BPH is not a form of cancer.

The PSA Level will also be affected if you have any condition that inflames or irritates the prostate gland that can cause a higher PSA. Examples of such conditions are infection of the prostate gland, severe infection elsewhere in the body, injury, biopsy, vigorous massage, infarction (cutting off of the blood supply as a result of shock or recent heart bypass surgery), Foley catheter placement, or endoscopy of the bladder through the urethra, or kidneys through ureters (the urethra is the tube draining urine from the bladder through the penis, the ureters are the tubes carrying urine from the kidneys to the bladder).

And obviously, if you have prostate cancer..