

The PSA Testing Action Checklist™

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Men Against Prostate Cancer Initiative

Catch It Early. Ask the Right Questions. Live Strong.

Before You Book Your PSA Test

- Know your age and risk category.
- Know your family history (father, brother, uncle).
- Discuss screening timing with your physician.
- Average Risk: Begin discussion at age 50.
- Higher Risk: Begin discussion at age 40–45.

48 Hours Before Your Test

- Avoid ejaculation.
- Avoid vigorous cycling.
- Avoid intense prostate stimulation.
- Inform provider if urinary infection is present.
- Mention recent prostate procedures.

Medications That Affect PSA

- Finasteride.
- Dutasteride.
- Testosterone therapy.
- Steroids.
- Other prostate medications.

The 5 Questions Every Patient Should Ask

- What is my exact PSA number?
- How does it compare to previous results?
- What is my PSA velocity?
- Do I require repeat testing?
- Is referral to a urologist recommended?

Understanding PSA Values (General Guide)

- 0–2.5: Generally low.
- 2.6–4.0: Borderline.
- 4.0+: Further evaluation recommended.
- Rapid increase requires assessment.
- PSA is a screening tool — not a diagnosis.

Red Flags Requiring Prompt Attention

- Rapid PSA doubling.
- PSA above 10.
- Abnormal digital rectal examination.
- Persistent urinary symptoms.
- Strong family history with rising PSA.

Medical Disclaimer

This checklist is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Patients should consult their physician or qualified healthcare provider regarding any medical concerns.

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