

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

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 (farm equipment, ATV's, horses, camels, you-name-it, for example).

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 or kidney through the ureter (the ureter is the tube draining the bladder).

And obviously, if you have prostate cancer..