

ELEVATED PSA/PROSTATE NODULE REFERRAL GUIDELINE

MAINE MEDICAL PARTNERS - UROLOGY • 100 BRICKHILL AVENUE, SOUTH PORTLAND, ME • (207) 773-1728

HIGH RISK

SUGGESTED EMERGENT CONSULTATION

SYMPTOMS AND LABS

Markedly Elevated PSA (greater than 50 ng/ml)

With or without symptoms concerning for metastatic prostate cancer (severe hip or long bone pain)

***If patient is experiencing symptoms of cord compression including lower extremity weakness/severe back pain/fecal incontinence refer immediately to the emergency department

SUGGESTED PREVISIT WORKUP

Repeat PSA

Bone Scan

CT scan of the abdomen and pelvis, with contrast

MODERATE RISK

SUGGESTED CONSULTATION OR CO-MANAGEMENT

SYMPTOMS AND LABS

For men aged 55-69

Persistently elevated PSA greater than 4

And/Or

Prostate Nodule

For men less than 55-69 who have high risk patient characteristics (black race & first degree relative with prostate cancer)

Persistently elevated PSA greater than 4

And/Or

Prostate Nodule

SUGGESTED WORKUP

Repeat PSA

Referral to urology for Shared Decision Making regarding elevated PSA &/ prostate nodule

LOW RISK

SUGGESTED ROUTINE CARE

SYMPTOMS AND LABS

Asymptomatic male with normal digital rectal exam

For men aged 55-69

With a single elevated PSA greater than 4

Or

For men aged less than 55-69

With a single elevated PSA greater than 4

And who have high risk patient characteristics (black race & first degree relative with prostate cancer)

SUGGESTED MANAGEMENT

Repeat PSA in 2-3 month

If patient is experiencing Lower Urinary Tract symptoms at the time of PSA blood draw perform a U/A and Urine Culture

Refer to urology if PSA greater than 4

CLINICAL PEARLS

- High risk patient characteristics: Black race &/ first degree relative with prostate cancer.
- Consider earlier PSA screening for men with high risk characteristics.
- Consider Urology referral for a man aged 40-49 with a PSA greater than 2.0.
- Consider Urology referral for a man aged 50-59 with a PSA greater than 3.0.
- If patient is experiencing Lower Urinary Tract symptoms at the time of PSA blood draw perform a U/A and Urine Culture.
- PSA screening is not recommended in men over 75 or in men with life expectancy less than 10yrs.