

Please note that this guidance relates to people registered male at birth and includes cis gender men, transgender women, non-binary people.

Prostate Cancer



Symptoms

- Needing to urinate more often – especially at night
- Needing to rush to the toilet to urinate without warning
- Difficulty when starting to urinate
- Straining or taking a long time to finish urinating
- Feeling that the bladder is not emptied once urinating
- Blood in urine or semen
- Erectile dysfunction
- Lower back pain
- Unexplained weight loss - more than 5% of the patient's normal weight within 3 months
- Pain in the testicles



Ask

- How long have they had these symptoms?
- Were these symptoms gradual or have they appeared suddenly?
- Have they lost weight? And if so, over how long?
- Have they seen blood in their urine or semen? May be stained pink
- Do they have a history of bladder disorders?



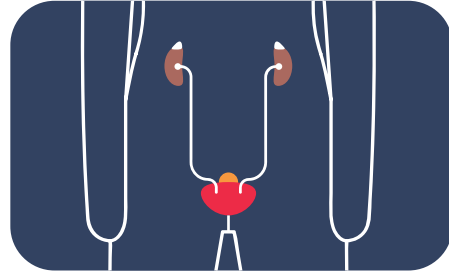
Pharmacy Products

- Patients may purchase incontinence products to manage the symptoms
- Patient may purchase analgesia to alleviate painful urination
- Patient may request Sildenafil for erectile dysfunction
- Patient may request “build up” drinks to address their weight loss

The full Let's Communicate Cancer course is available by clicking [here](#)
Version 1: The information provided is in line with current guidance on March 2023

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Follow up/Referral

Patients with the following should be encouraged to make an urgent appointment with their GP.

- Any changes in frequency, urgency or difficulty in passing urine last for more than 2 weeks
- Blood in urine or semen
- Erectile dysfunction - if accompanied by any other symptoms listed above

Patients who are at high risk of prostate cancer should be encouraged to discuss a prostate specific antigen (PSA) blood test with their GP, whether they have symptoms or not. Please consider discussing this with the following patient groups -

- Aged 50-70
- Aged 45-70 if of African or Afro-Caribbean ethnicity
- Aged 45-70 with a family history of prostate and/or breast cancer

Please be aware that these symptoms may, or may not, be caused by cancer but should be investigated to help diagnose patients with other conditions which also require treatment.

Please advise patients who do not meet the criteria for urgent, or non-urgent review by a GP to come back to a pharmacy for further advice if the symptoms do not resolve within a further 7 days.

Please refer to the Lets Communicate Cancer e-learning programme for further training resources for pharmacy staff regarding cancer, its management and the role of pharmacy staff.

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