

Activities to Avoid Prior to a PSA Blood Test

Certain activities which irritate the prostate may cause an increase the amount of prostate-specific antigen (PSA) in the blood. If you are scheduled for a PSA test avoid the following activities prior to the test as they may cause an increase in the PSA value.

- Avoid vigorous exercise and activities that stimulate or “jostle” the prostate, such as bike riding, tennis, motorcycling, and riding a horse, ATV, or tractor, or getting a prostatic massage for 48 hours before your test.
- Do not participate in sexual activity that involves ejaculation for 48 hours before your test. Ejaculation within this time frame can affect PSA results, especially in younger men.
- Wait six weeks before having a PSA test following these procedures: Prostate biopsy, transurethral resection of the prostate (TURP), urethral catheter, cystoscopy, or any other medical procedure that involves the prostate. If you are in doubt about the possible impact of any procedure on your PSA test, talk to your doctor.
- Do not undergo PSA testing if you have a urinary tract infection. A bacterial infection in the urinary tract can cause PSA levels to rise temporarily. If you are not sure if you have a urinary tract infection, have a urine test before your PSA test to make sure. If you do have a urinary tract infection, you should wait at least six weeks after you have completed your antibiotic treatment before you have your PSA test.
- The PSA test should be drawn before you have a digital rectal exam (DRE). If you see a physician who performs a physical exam which includes a DRE and then draws blood for a PSA test, the PSA may be erroneously elevated because of the DRE.

Some drugs may erroneously lower the PSA level, such as statins, finasteride and high-dose steroids (10 mg or more a day) and some herbal supplements such as saw palmetto. Please tell your doctor if you are taking any of these products.