My "5-Line" Diagnostic Passport & Consultation Checklist

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How to use this sheet: If you are investigating an elevated PSA or have received a prostate biopsy report, filling out these **5 lines** with your urologist gives you the exact clinical profile of your case so you can compare options calmly.

1 PSA trend & reflex biomarkers

Last 3 PSA values (ng/ml & dates): _____

Free PSA % / PHI / 4Kscore: _____

PSA density (ideal < 0.15): _____

2 Prostate size & Multiparametric MRI (mpMRI)

Prostate volume (cc or g): _____

PI-RADS score (1 to 5): _____

Capsule & seminal vesicles intact?: _____

3 Prostate biopsy: microscopic grade

ISUP Grade Group (1 to 5): _____

Gleason score (e.g. 3+3, 3+4): _____

Positive cores / total & max %: _____

4 Clinical stage (T · N · M) & family genetics

Clinical stage (e.g. cT1c / cT2 N0 M0): _____

Imaging (CT / Bone scan / PSMA-PET): _____

Family history / BRCA2 status: _____

5 Overall risk group & essential daily medications

EAU / NCCN risk group: _____

Taking finasteride / dutasteride? (true PSA ≈ ×2): _____

Blood thinners / antiplatelets?: _____

Essential questions to tick and bring to your appointment

- ☐ Are my urinary symptoms driven by prostate obstruction, bladder overactivity, or nocturnal polyuria?
- ☐ If I undergo BPH surgery, what is the true 10-year retreatment rate of this technique?
- ☐ Will removed tissue be examined by pathology after the procedure?
- ☐ How should we safely coordinate my blood thinners / antiplatelets?
- ☐ Am I a safe candidate for Active Surveillance without missing my window of cure?
- ☐ Between robotic prostatectomy and radiotherapy, which side-effect profile best fits my priorities?
- ☐ How many procedures of this specific type does your team perform per year?
- ☐ How many weeks can I safely take to decide or seek a second opinion?

Write down all personal questions you want to ask your urologist (no limit on number of questions):