TOOL 7 OF 7 · BOOK "YOUR PROSTATE" (CHAPTERS 5, 6, 14 & 20)

Longitudinal PSA Passport & Medication Safety Card

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Name (optional): _____ **Age:** _____ yrs **Date:** ____ / ____ / 20____

A single PSA value tells very little on its own; clinical decisions rely on **PSA kinetics over time** and **PSA Density (PSA divided by prostate volume in cc**; generally reassuring below `0.15 ng/mL/cc`).

Date & Lab	Total PSA (ng/mL)	Free PSA (%)	Prostate Vol (cc)	PSA Density (PSA/vol)	Qmax Flow (mL/s)	Post-void Res (mL)	On 5-ARI? / Notes

My current urological and daily medications (name & dose):

Three critical medication safety alerts to keep with your medical records

1. Cataract surgery & alpha-blockers (tamsulosin, silodosin, alfuzosin, doxazosin):
Even if stopped months or years ago, always inform your ophthalmologist before cataract surgery (Intraoperative Floppy Iris Syndrome, IFIS) so the eye surgeon can take simple preventive measures.

2. Finasteride & dutasteride (or combination capsules such as tamsulosin + dutasteride):
After 6 months of treatment, these drugs halve serum PSA. Multiply your lab PSA by 2 to estimate your true comparable baseline, and report any sustained rise while taking them.

3. Blood thinners (anticoagulants & antiplatelets):
Record aspirin, clopidogrel, warfarin, acenocoumarol, apixaban, rivaroxaban, dabigatran or edoxaban here. Never stop or bridge them on your own without your physicians' coordinated plan before biopsy or surgery.