

Prostate Health

The Prostate Health Test is self-test to measure PSA levels to screen for prostate abnormalities such as prostate cancer, prostate enlargement and prostatitis.

The prostate specific antigen (PSA) is a protein produced by the epithelial cells of the prostate gland. Its function is to fluidify the ejaculate and therefore increase sperm mobility. PSA also plays a role in dissolving cervical mucus, allowing sperm to enter the uterus. Small quantities of PSA are normally found in the blood of men with a healthy prostate. Prostate abnormalities (such as prostatitis, benign prostatic hyperplasia, prostate cancer) lead to an increase in the blood levels of PSA. PSA levels also increase naturally with age, after prostate surgery or after specific diagnostic tests (rectal examination, prostate biopsy, prostate ultrasound scan, etc.).

PSA has been detected in various tissues of the male urogenital system but only prostate glandular and endothelial cells secrete it. The PSA level in serum of healthy men is between 0.1 ng/mL and 2.6 ng/mL. It can be elevated in malignant conditions such as prostate cancer, and in benign conditions such as benign prostatic hyperplasia and prostatitis. A PSA level of 4 to 10ng/ml is considered to be in the "grey-zone" and levels above 10ng/ml are highly indicative of cancer. Patients with PSA values between 4-10ng/ml should undergo further analysis of the prostate by biopsy.

The Prostate Health Test is the most valuable tool available for the diagnosis of early prostate cancer. Many studies have confirmed that the presence of PSA is the most useful and meaningful tumour marker known for prostate cancer and prostate infection of benign prostatic hyperplasia (BPH).



Accuracy 92.3%



Certifications
CE self-test
| MHRA



Results **5 mins**

blood

Test type

Finger-prick



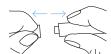
Kit size 1 Test

Instructions

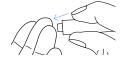
- Wash hands with soap and warm water, rinse with clean water and allow to dry. If this is not possible, use the provided gauze as an alternative.
- Prepare the necessary material as follows; open the aluminium pouch, take out only the test cassette and throw away the desiccant bag. Open the plastic packet containing the pipette.
- Carefully rotate the protective cap of the sterile lancet 360° without pulling it. Extract and discard the released cap.
- Carefully massage the finger chosen for the puncture the side of the ring finger is recommended. It is important that the massage is done from the palm of the hand to the phalanx, to improve blood flow. Press the open end of the lancet (the side the cap has been extracted from), against the fingertip. The tip of the lancet automatically retracts after use. If the lancet does not work properly, discard it and use the second one supplied. If the second one is not required, it can be disposed of without special precautions.
- Holding the hand down, massage the finger until a large drop of blood forms. It is important to massage from the palm of the hand to the phalanx to improve blood flow.
- Take the pipette without pressing the bulb.
 Two sampling methods are suggested:
 - Hold the pipette horizontally without pressing the bulb place it in contact with the drop of blood, it will enter the pipette by capillarity. Move the pipette away when the black line is reached. If there is not enough blood, continue to massage the finger until the black line is reached.
 - Place the pipette on a clean, flat surface with the tip protruding from the shelf, then place the drop of blood in contact with the pipette, it will enter by capillarity. If blood is not sufficient, continue massaging the finger until the blood has reached the black line.

Avoid, as far as possible, to continuously move the tip of the pipette away from the finger in order to prevent the formation of air bubbles.

- Place the blood collected with the pipette into the well indicated on the cassette (S) by pressing the pipette bulb.
- Unscrew the blue cap from the dropper vial (leave the white cap tightly screwed on). Deposit 2 DROPS into the well indicated on the cassette (S), wait for 5 seconds between the first and second drop.
- Wait 5 minutes and read the results referring to the next section for result interpretation.















Read the results

Read the result after exactly 5 minutes.

The intensity of the line colours is not relevant for the purposes of interpretation of the Test's results.

POSITIVE RESULT

Two coloured bands appear in the reading window by the T (test) and C (control) signs. The T band may be less intense (lighter) than the C line. This result means that the value of prostate specific antigen (PSA) in the blood is higher than normal, so you must consult a physician.



NEGATIVE RESULT

A coloured band appears only under the C (control) sign. This means that the value of prostate specific antigen (PSA) in the blood is normal. A negative result does not exclude the possibility of prostatic pathologies.



INVALID RESULT

No bands appear or there is a line only under the T (test) sign and not under the C (control) sign. In this case it is not possible to interpret the result of the test, which must be considered not valid. Repeat the test with a new blood sample.



Invalid