



**MARY HOW TRUST**

HEALTH SCREENING FOR LIFE

# Appointment Information

Preparation For Your Health Screening



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[contact@maryhowtrust.org](mailto:contact@maryhowtrust.org)



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# How to find us

Location & Parking



LOCATION



The Colonnades  
17 London Road  
Pulborough  
RH20 1AS

We've moved! Please note  
our new address.



Click [here](#) for a map  
of footpath from the  
train station



Disabled parking available  
at our premises

PARKING



Park in **TESCO** Car Park

(1 min walk away)



contact@maryhowtrust.org



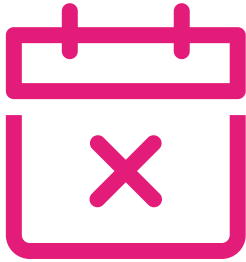
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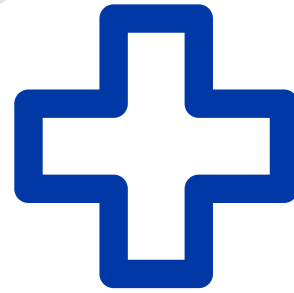
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# What you need to know

## Before Your Health Screening



Let us know ASAP if you can't attend your appointment



If your medical circumstances change, let us know ASAP



Let us know if you would like a chaperone for your appointment



You should receive a sample kit pack in the post & health questionnaire via email. If you haven't got these, please let us know



- We're still encouraging face coverings in clinic
- If you develop symptoms of COVID-19, please carry out a lateral flow test prior to your appointment
- If you test positive for COVID-19 please do not visit the clinic



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# Nurse Consultation

## PREPARATION FOR YOUR APPOINTMENT



Lifestyle Consultation



Body Composition



Heart Tests



Urine & Bowel Tests



Blood Test



approx **45** mins



**7 DAYS BEFORE**

Complete health questionnaire via email



**3 DAYS BEFORE**

Complete FIT bowel test kit



**2 DAYS BEFORE**

Men aged 40+ Your PSA result may be affected by ejaculation or long periods of exercise within 48 hours of your appointment.



**DAY OF APPT**

- Avoid using moisturiser on your chest, wrists & lower legs
- Wear loose-fitting clothes (No dresses please)
- Ensure wrists are clear of watches, bracelets etc
  - Eat your usual breakfast, but avoid fried food
  - Keep up your fluid intake
  - Take any medication as usual



**2 HOURS BEFORE**

Collect a urine sample in the container provided



If you are unable to complete a urine sample less than 2 hrs before your visit, please complete when you are at the clinic.



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# Ultrasound Scan

## PREPARATION FOR YOUR APPOINTMENT



Spleen



Kidneys



Liver



Gallbladder



Pancreas



Bladder



Abdominal Aorta



Uterus & Ovaries



approx **30** mins



### **7** DAYS BEFORE

Complete health questionnaire via email



### **1** DAY BEFORE

Avoid eating all gas-producing foods such as beans, green leaved vegetables & onions



### **1** HOUR BEFORE

- **Start drinking 2 PINTS of still water.**
- You need to allow sufficient time to drink the water, however do not start too soon or you may have difficulty retaining it.
- You must have a full bladder for a successful pelvic examination; Do **NOT** empty your bladder after you have drunk your water.



Do not drink tea or coffee as they are bladder irritants and will make you feel more uncomfortable.



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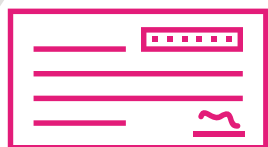
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# Ways to donate

## Support Our Mission



We'll send you a donation form in the post with your sample kits - please bring the form with you to your appointments



Cheque



Website



Card  
Payment



Bank  
Transfer



Standing  
Order



Cash



Account name: **The Mary How Trust for Cancer Prevention**

Sort Code: **20 - 42 - 58**

Account No: **33526119** (for standing orders use 53517691)

## Gift Aid

### Boost your donation

*giftaid it*

- If you are a UK taxpayer we may be able to claim gift aid on your donation
- Please complete the form sent to you in the post or let us know

£1

+

giftaid it  
✓

=

£1

25p



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# What We're Screening For



## List Of Our Screening Tests

### **Lifestyle Assessment Consultation:**

Family History, Diet, Alcohol, Smoking, Exercise, Wellbeing/Stress, Sleep, Osteoporosis, Skin Health, Gender Specific Health, Diabetes Risk Assessment Calculation

### **Body Composition:**

Height, Weight, Girth, BMI, Body Fat %, Total Body Water, Muscle Mass, Resting Metabolism

### **Heart:**

Blood Pressure, Resting Pulse, ECG, Cardiovascular Risk Calculation

### **FIT Bowel Screening & Urine Dip Test**

### **Blood Test:**

Lipid Profile: Cholesterol, High-density Lipoprotein (HDL), Low-density Lipoprotein (LDL), Cholesterol / High-density Lipoprotein ratio, Triglycerides

Haematology: White & Red Blood Cell Counts, Platelets, Haemoglobin, Lymphocytes, Neutrophils

Biochemistry: Creatinine, Blood Urea Nitrogen (BUN), Calcium, Amylase, Uric Acid, Total Protein, HbA1c, **Prostate Specific Antigen (PSA) for men aged 40 – 79**

Liver Function: Gamma-glutamyl Transferase (GGT), Aspartate Aminotransferase (AST), Alanine Aminotransferase (ALT), Alkaline Phosphatase (ALP), Total Bilirubin, Albumin

### **Ultrasound Scan:**

Abdominal Scan: Spleen, Kidneys, Liver, Gallbladder, Pancreas, Bladder, Abdominal Aorta

**Pelvic Scan (women only): Uterus, Ovaries**



# Completing your FIT Test

## Bowel Screening Test

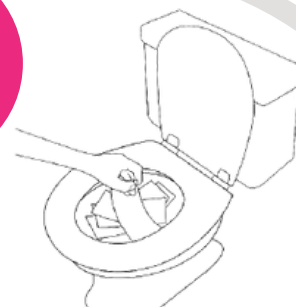


1



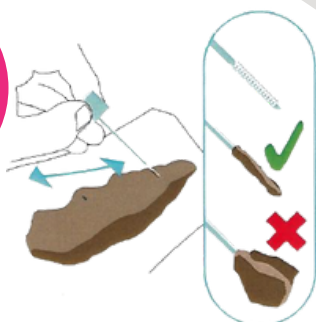
Clearly write your sample collection date on the label

2



To avoid contact with toilet water, place a few sheets of toilet paper in the bowl, or collect the poo in an unused disposable container.

3



Scrape the green stick along the poo until all the grooves are covered. Put stick back in container and 'click' the green cap to close it

4



Flush toilet paper and wash hands after use. Place sample bottle into the grip seal plastic bag provided and seal firmly.

**We only need a little poo to test - please do not add extra**



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# FIT Test Information

For All Clients



## WHAT IS A FIT TEST?

- FIT (Faecal immunochemical Test) is a test that looks for human blood in stool samples. It looks for tiny traces of blood that you might not be able to see, and which could be a sign of cancer.
- Traces of blood in your poo can be caused by a number of medical conditions and doesn't necessarily mean that you have cancer.

## WHAT ARE THE BENEFITS?

- It may enable early intervention if the test is positive
- It may provide reassurance if the test is negative
- It may enable treatment for conditions other than cancer if the result is positive

## WHAT ELSE SHOULD I KNOW?

- It is important to note that the Mary How Trust uses a lower threshold than the NHS regarding what we consider a raised FIT for asymptomatic clients.
- If you have a high result, you will be advised to discuss the result with your GP.

## WHAT ARE THE DOWNSIDES?

- Screening tests are not perfect, false negative or false positive results can occur.
- It may lead to unnecessary anxiety

**If you would not like to complete a FIT test, please advise the appointments team prior to your appointment.**



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# PSA Test Information

For Men Aged 40 - 79



## WHAT IS A PSA TEST?

- It's a blood test that measures the level of PSA in your blood.
- PSA is a protein made by the prostate gland which naturally leaks into the bloodstream, and how much depends on your age and the health of your prostate.
- A raised PSA can be an early indication of prostate cancer. However, other conditions which are not cancer (e.g. enlargement of the prostate, prostatitis, urinary infection) can also cause a rise in PSA. The PSA test can also fail to detect cancers, i.e. not all men with prostate cancer have a raised PSA.
- **The test itself requires taking a sample of blood, which is then tested.**

## WHAT ARE THE BENEFITS?

- It may provide reassurance if the test result is normal
- It may detect cancer at an early stage when treatments could be beneficial
- If treatment is successful, the consequences of more advanced cancer are avoided

## WHAT ARE THE DOWNSIDES?

- It can miss cancer and provide false reassurance
- It may lead to unnecessary anxiety where no cancer is present
- It might detect slow growing cancer that may never cause any symptoms or shortening of life span

## WHAT AFFECTS THE TEST RESULTS?

- Urinary infections
- Long periods of exercise, especially cycling in the last 48 hours
- Ejaculation in the last 48 hours
- Drugs such as finasteride (Proscar)
- A prostate biopsy in the last 6 weeks

## WHO IS MOST LIKELY TO HAVE A HIGH PSA?

- People with a family history of prostate cancer
- If you're of black ethnic origin
  - If you're overweight or obese

**If you would like to not have your PSA tested, please advise your nurse during your appointment**

If you have a high result, you will be advised to discuss the result with your GP. About 3 in 4 men with a raised PSA will not have cancer.



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# After Your Appointments

What happens next?



Our laboratory scientist  
will analyse your blood  
samples in our lab



Your nurse and  
sonographer will review  
your results and prepare  
a summary



After 2-3 weeks, you  
will receive your test  
results by email

## Got a question?

Do get in touch, our  
appointments team are  
happy to help.



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