

Version: 1.1; 31 AUGUST 2018
Sponsor protocol number: 18HH4595
REC reference: 18/LO/1338
Sponsor: Imperial College London

PROSTAGRAM

Prostate Screening Trial using A Group of Radiological Approaches including MRI and ultrasound

PATIENT INFORMATION SHEET

We would like to invite you to take part in a research study testing a new prostate health check. Please read this booklet and think about whether you would like to take part. Talk about it with family and friends. Ask us if there is anything that is not clear or you would like more information about. We will go through this patient information sheet with you and answer any questions you might have. You do not have to decide straight away.

PART 1 tells you the purpose of this study and what will happen if you choose to take part

PART 2 gives you more detailed information about the conduct of the study

Please ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not to take part.

PART 1

1. WHAT IS THE PURPOSE OF THE PROSTAGRAM STUDY?

The PROSTAGRAM study will test a new prostate health check-up in men aged 50 to 69. Prostate problems are common in men, particularly in those over the age of about 50 years. We aim to find a combination of tests which may spot prostate diseases or conditions early, often before you notice anything, when treatment could be simpler and more successful.

The main prostate condition that we are looking for is prostate cancer. Prostate cancer often grows slowly and has a low risk of spreading but some prostate cancers grow more quickly and can shorten a man's life. When it is found early the majority of cases can be cured. Not all prostate cancers need treatment. Some can be safely monitored to make sure they are not changing. This is because many men above the age of 50 will have tiny low risk prostate cancers which will never grow or spread. Some prostate cancers can be aggressive and need to be found early so they can be treated. When treatment is needed there are lots of options to choose from if the cancer is contained in the prostate.

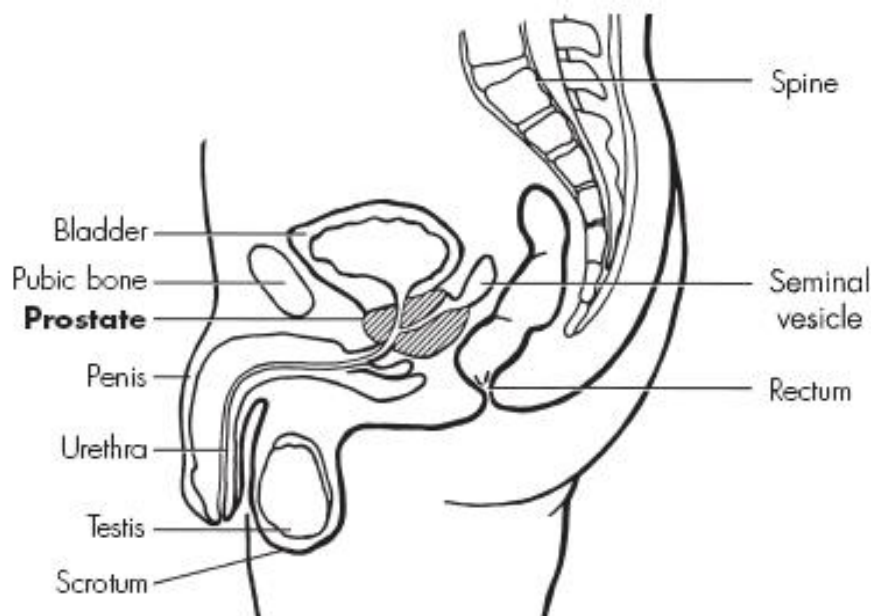
Prostate cancer is currently diagnosed using a blood test called prostate specific antigen (PSA) done by the GP. If the level of PSA is high then men are referred to hospital to have biopsies. PSA testing can find cancers early but because the PSA is not specific to cancer it cannot tell the difference between cancers that need treatment and those that can be monitored. In other cancers, such as breast cancer, there are imaging tests like mammograms which are offered to everyone at a certain age with the aim of finding tumours early. There are no equivalent types of tests for men and prostate cancer.

There are specialised scans which are used in hospitals to help find prostate cancer more accurately in men who have already been referred by their GP. The PROSTAGRAM study will be testing if it is possible to use these scans in the community to find problems at an early stage when treatment can be more successful. Men who agree to take part will be invited to a prostate health check to have a PSA blood test and these specialised prostate scans.

2. WHAT IS THE PROSTATE?

The prostate is an organ that forms part of the male reproductive system. It is located immediately below the bladder, just in front of the bowel. Its main function is to produce fluid that makes up part of the semen. In younger men the prostate is about the size of a walnut. It surrounds the beginning of the urethra, the tube that takes urine from the bladder and through the penis.

Figure 1: Location of the prostate



3. WHY HAVE I BEEN ASKED TO JOIN THE PROSTAGRAM STUDY?

If you have received a letter from your GP or been approached verbally it is because your GP is one of several practices who have agreed to invite suitable patients to this study. From medical records, we think that you may be suitable to receive the tests for the prostate health check.

Alternatively, you may have heard about the PROSTAGRAM study in another way. We are hoping to recruit about 300 to 400 men to take part so we are contacting many people like you in the local area.

4. AM I ELIGIBLE FOR THE STUDY?

There are a number of things we look at to see if you are eligible for this study. You may be able to take part in the PROSTAGRAM study if you:

- Are aged between 50 and 69 years
- Able to have an MRI and rectal ultrasound of the prostate

A small number of men will not be able to take part in the study. This includes those who

- Have had a PSA test in last 2 years
- Would be too ill from other conditions or diseases to have treatment for prostate cancer even if we did find it
- Are not able to decide for themselves if they want to take part in the study

We will go through these in greater detail in the first trial visit if you wish to participate.

4. DO I HAVE TO TAKE PART?

No, it's up to you. We will go through the information about the study with you in the health check clinic. If you decide to take part we will ask you to sign a consent form saying that you are happy to take part in the study.

If you do decide to part you can change your mind later and you do not have to tell us why. It will not make a difference to the usual care you get from your doctor.

5. WHAT WILL HAPPEN TO ME IF I DECIDE TO TAKE PART?

You will attend a prostate health check clinic at Hammersmith Hospital, Imperial College London. When you arrive for your visit a member of the research team will see you. They will explain the study to you and discuss any questions or concerns that you may have. Once you have talked about the study and if you decide to take part you will be asked to sign the study consent form.

A member of the study team will ask you to complete some questionnaires about your health. You will be asked to give a sample of urine to test for infection and a sample of blood to measure your PSA level. A doctor will perform a physical examination and an ultrasound scan of the prostate. You will then have an MRI scan of your prostate.

All the scans will be carried out on this day and it will take about 2 hours to complete all the tests. You will be contacted to come to the hospital to receive your results within 4 weeks of having the tests. If all the tests are negative, there will be no further study visits. If any of these tests are positive, you will be offered a prostate biopsy and an appointment to see a specialist in the hospital which will be done in person.

6. What are the different tests in PROSTAGRAM?

There are three tests in PROSTAGRAM. These include a blood test and two different types of scans. These have previously only been available for men suspected of having prostate cancer who have been referred to hospital.

PSA

PSA is a protein produced by both normal cells and cancer cells in the prostate. Men usually have a small amount of PSA in your blood, and the amount rises as you get older and your prostate gets bigger. Inflammation or infection of the prostate can lead to high PSA tests. Although a raised PSA level can be a sign of prostate cancer, many men with a raised PSA level don't actually have prostate cancer. Alternatively, some men with a normal PSA level can also have prostate cancer.

Prostate ultrasound

Prostate ultrasound uses sound waves to build up a picture of the prostate. These sound waves are safe and are the same as those used in a pregnant woman to see the baby in the womb. The ultrasound machine shows us what the prostate looks like and also how hard different areas of the prostate are. Prostate cancer tends to be harder or denser than normal tissue. The test involves passing a small ultrasound device into the back passage (rectum). It is done at the same time as an examination of the prostate using a gloved finger. You may find this test uncomfortable but it should not be painful.

MRI

An MRI (magnetic resonance imaging) scan creates a detailed picture of the prostate using magnetic waves. It is the most common scan used at the moment to look for prostate cancer. An MRI is a safe procedure. It does not use x-rays or radiation. Before the scan you will be given an injection of a medication to relax the bowel. This helps to reduce the movement of your bowels and makes the pictures clearer.

During the scan, you will be asked to lie on a padded table which gently moves you into the MRI scanner. You will need to lie still for about 15 minutes. The machine will make loud, thumping and whirring noises, much like the sound of a washing machine. Although it is a painless test, some people may find it a little noisy. Some men who have claustrophobia (fear of enclosed spaces) may not be able to tolerate the scan. There is a 2-way microphone within the scanner so that you will be able to talk to the staff. The staff will also be able to see you on a monitor and provide reassurance if there are any concerns.

7. WHAT WILL HAPPEN AFTER GETTING THE TESTS

You will be contacted with your results within 4 weeks of having the tests.

Negative Tests

If the tests are negative it means that it is highly unlikely that you have a fast-growing prostate cancer. It is important to remember that:

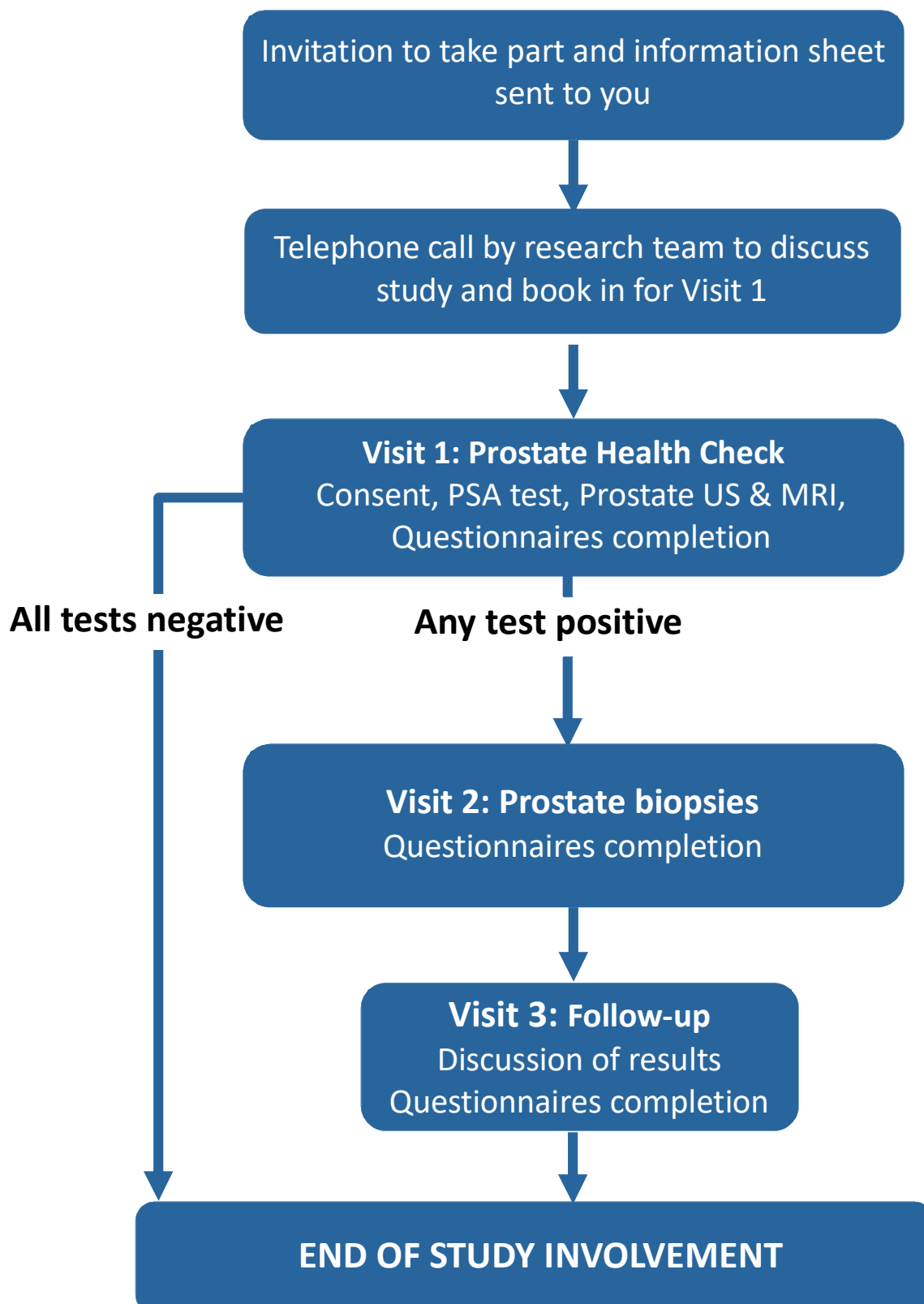
- A negative test does not mean you will never get prostate cancer. It is important that you see your GP if you have any concerns about this in future
- It is important to remember that these tests are for prostate cancer, so cannot rule out cancers elsewhere in the body

Positive Tests

If any of your tests are positive, it does not mean you definitely have prostate cancer. If a test is positive, you will:

- Be offered a prostate biopsy which involves using thin needles to take small pieces of tissue from the prostate. The tissue is then looked at under a microscope to check for cancer
- We will not be able to tell you which individual test(s) is positive until the end of the trial
- The result of the prostate biopsy will be sent to your GP. You will be offered an appointment with the specialist urology team at Imperial College Healthcare NHS Trust to discuss the results

FIGURE 1: DIAGRAM OF PROSTAGRAM



8. What happens if I need a prostate biopsy?

You will receive local anaesthetic to numb the area of the biopsies. An ultrasound scanning probe will be passed into the back passage to allow the clinician to see your prostate during the biopsy. Prostate biopsies are taken by passing a needle through the skin between your back passage and the base of your penis. This is called the transperineal route. Any areas of your prostate that looked suspicious on either the ultrasound or the MRI will be highlighted on a screen. The surgeon can see these and take samples of them with the biopsy needle as well as sampling other parts of the prostate. If there are no areas of suspicion on the scans, but the PSA test is high, a routine set of prostate biopsies will be taken. This is because the imaging tests may have missed something. The clinician taking the biopsies will take them in a prearranged order from any abnormal areas detected inside the prostate. The order of the biopsies (ultrasound-targeted or MRI-targeted first) will be assigned at random by a computer. This is an attempt to make the results of the study more accurate.

Your prostate biopsy samples will be stored in Imperial College Healthcare NHS Trust pathology department for a period of 30 years and then destroyed as per the standard operating regulations of the NHS laboratories.

9. What else will I have to do?

There are some additional optional research requests.

- We will ask you to provide extra blood and urine samples to be collected and stored for research (up to 50ml of blood and up to 250 ml of urine).

If you take part in PROSTAGRAM, we would like your permission to use these stored samples for prostate cancer research. These research studies are not expected to benefit you, but may help to improve the diagnosis and/or the treatment of prostate cancer for future patients.

Any extra blood and urine samples that you give us for these research studies will be stored securely in Imperial College Healthcare Biobanks for a period of 10 years so that we can repeat any tests on them if necessary, and use them to look at new tests for prostate cancer. These samples will be identified using a special study number assigned to you, in such a way that the scientists analysing them will not be able to find out your identity. This research would be carried out only after approval from an independent research ethics committee and would involve extracting DNA or other chemicals from the samples to see whether the tests make it easier to detect or monitor the effect of treatment for prostate cancer. These samples would be considered a gift from you and no personal results from these tests or studies could be provided to you.

- We will also ask if you are happy to have an additional blood sample for the Episwitch biomarker panel. This is an optional test which investigates how certain genes related to prostate cancer are switched on or switched off by factors outside of the genetic code, a process known as epigenetics. This test could help us develop an epigenetic-based prognostic test for prostate cancer. The anonymised samples will be sent to Oxford Biodynamics (OBD) Reference Laboratory in the UK.
- Imaging scans are performed as part of this study. We would also like to know if you are willing for us to store your imaging scans and use your scan data to see if new ways of looking at these scans can detect cancer better in the future.
- We will also ask you if you are happy to give consent for your health status to be followed up over time. This will be done by linking your name and NHS number with records held by the NHS and maintained by the NHS Information Centre and the NHS Central Register or any applicable NHS information system. This will allow us to track what happens after the study finishes to see if anyone gets cancer in future and about the type of cancer and the treatment they have had. Results of your optional health status check will also help us to refer to any future upcoming studies. This does not mean that that you will need to make any follow up visits.
- We would also like to know if you are willing for us to record and store your partial postcode. This part of the study is also optional. Your partial postcode will be collected at study registration, then coded and kept confidential in a secure password protected database. The partial postcode will be used to study the performance of the recruitment for the study across different areas.

10. WHAT ARE THE POTENTIAL BENEFITS OF TAKING PART?

You may have prostate cancer picked up more quickly than it would have been if you were not taking part in the study. This could mean that the cancer is more treatable and the chance of surviving is better. However, there is no guarantee that taking part in this study will benefit you personally.

You will also provide important information to help us find out if these imaging tests might work in the community. We will use this information to decide whether a bigger study is needed and how best to design that study. By taking part you are playing an essential role in research and could be helping future generations.

11. WHAT ARE THE POSSIBLE DISADVANTAGES AND RISKS IN TAKING PART?

There are a few things you should be aware of in terms of the possible downsides of taking part in this study.

First, we might find slow-growing or non-aggressive cancers that might not cause any symptoms or problems in your lifetime. You would have a discussion with a doctor and then have to decide whether to have treatment or whether to have your cancer monitored. Treatment can cause side effects that can be hard to live with. But having your cancer monitored rather than having treatment might make you worry about your cancer.

Second, some men and their families may get very anxious and worried while they are waiting for their tests results.

Third, with any tests for cancer there can be false negatives and false positives. No medical test is completely accurate. We think these tests will pick up the majority of fast-growing prostate cancers. However, they may not pick up all cases of aggressive prostate cancer (false negative). The tests can sometimes be positive in men who do not have aggressive prostate cancer (false positive). These men will be offered a prostate biopsy which can sometimes cause effects, such as discomfort, urine infection, difficulty urinating, and blood in the urine, bowel movements or semen. These side-effects are temporary.

Finally, like all medicines, the medications used during the MRI scan can sometimes cause side effects. These include blurred vision, dry mouth, dizziness, increased heart rate, constipation and pain at the injection site. These side-effects usually wear off by the time the scan has finished, but if you experience blurred vision, we advise you not to drive or operate machinery until this has worn off. These medications may very rarely cause acute glaucoma (high pressure in the eyeball). If you develop a painful eye in the 24 hours after the injection you should attend A&E immediately.

12. WHAT HAPPENS WHEN THE STUDY STOPS?

Once you receive the results of your tests at the final study visit, you will either return to your GP's care or be looked after by the clinical team in hospital.

It is also important for us to know how you are doing even after your participation in the study has stopped so we can follow up on your health status to help future related research. For this reason, we will ask for your consent for your name to be used to gather information from records held by the NHS and maintained by the NHS Information Centre and the NHS Central Register or any applicable NHS information system (including linkage to routine hospital admission data). In order for us to do this we provide identifiable information for us to trace you on the National Health Service Care Register (NHSCR) for up to 10 years (this is an optional part of the study).

13. CAN I CHANGE MY MIND?

Yes, you can decide not to have any of the procedures at any time. Depending on when you change your mind, your doctor will recommend that you continue with standard care.

This completes Part 1 of the information sheet. If you are considering participating in the study, please continue to read the additional information in Part 2 before making your decision.

PART 2

1. WHAT HAPPENS IF RELEVANT NEW INFORMATION BECOMES AVAILABLE?

Data from this study will be monitored regularly by researchers who are independent of the study. Sometimes, during the course of a research project, new information becomes available about the procedures that are being studied. If you are in the study and this happens, your study doctor will tell you about it and discuss with you whether you want to, or should, continue in the study. If you decide not to carry on, your study doctor will make arrangements for your care to continue. If you decide to continue in the study you will be asked to sign a consent form that includes new information. Also, on receiving new information your study doctor might consider it to be in your best interests to stop the medical procedures in the study. If so they will explain the reasons and arrange for your medical treatment to continue another way. If the study is stopped for any other reason, you will be told why and your doctor will arrange for your continuing treatment.

2. WHAT IF SOMETHING GOES WRONG?

Every care will be taken in the course of this study. However in the unlikely event that you are injured by taking part, compensation may be available.

Imperial College London holds insurance policies which apply to this study. If you experience harm or injury as a result of taking part in this study, you will be eligible to claim compensation without having to prove that Imperial College is at fault. This does not affect your legal rights to seek compensation.

If you are harmed due to someone's negligence, then you may have grounds for a legal action. Regardless of this, if you wish to complain, or have any concerns about any aspect of the way you have been treated during the course of this study, then you should immediately inform the Chief Investigator (Professor Ahmed on 0203 311 5473 or via email on hashim.ahmed@nhs.net) The normal National Health Service mechanisms are also available to you including the Patient Advice and Liaison Service (PALS) who can be contacted on 020 3312 7777. If you are still not satisfied with the response, you may contact the Imperial College, Joint Research Compliance Office.

3. WHAT WILL HAPPEN IF I LOSE THE CAPACITY TO CONSENT DURING THE TRIAL?

In the unlikely event that you lose capacity to consent during your participation in the study, you would be withdrawn from the study. Any data or tissue already collected with consent would be retained and used in the study. No further data or tissue would be collected.

4. WILL MY PARTICIPATION IN THE STUDY BE KEPT CONFIDENTIAL?

Yes. All information that is collected about you during the course of the research will be kept strictly confidential.

Imperial College Healthcare NHS Trust and Imperial College London will use your name, NHS number and contact details to contact you about the research study, and make sure that relevant information about the study is recorded for your care, and to oversee the quality of the study. Individuals from Imperial College Healthcare NHS Trust and Imperial College London and regulatory organisations may look at your medical and research records to check the accuracy of the research study. Imperial College Healthcare NHS Trust will pass these details to Imperial College along with the information collected from you and/or your medical records. The only people in Imperial College NHS Trust and Imperial College who will have access to information that identifies you will be people who need to contact you to check your eligibility and assess your willingness to participate in the study. They may also contact you to audit the data collection process, complete a questionnaire or update you on the study results, when they become available. The people who analyse the information will not be able to identify you and will not be able to find out your name, NHS number or contact details. Imperial College Healthcare Trust and Imperial College London will keep identifiable information about you from this study 10 years after the study has finished.

When you agree to take part in a research study, the information about your health and care may be provided to researchers running other research studies in this organisation and in other organisations. These organisations may be universities, NHS organisations or companies involved in health and care research in this country or abroad. Your information will only be used by organisations and researchers to conduct research in accordance with the UK Policy Framework for Health and Social Care Research.

Your information could be used for research in any aspect of health or care, and could be combined with information about you from other sources held by researchers, the NHS or government. Where this information could identify you, the information will be held securely with strict arrangements about who can access the information. The information will only be used for the purpose of health and care research, or to contact you about future opportunities to participate in research. It will not be used to make decisions about future services available to you, such as insurance. Where there is a risk that you can be identified your data will only be used in research that has been independently reviewed by an ethics committee.

All data will be identified by a study number which can link to your other details. This link will be held separately from all other data collected on you. If you consent to take part in this study, we will collect information on you and your test results, and we will enter it onto a study database held at Imperial College Trials Unit, London. This is for the purposes of analysing the results. Employees of the Imperial Clinical Trials Unit (ICTU) and staff from Imperial College London Joint Research Compliance Office may need to examine your medical records to ensure the study is being run properly, but your confidentiality will be protected at all times, and your name will not be disclosed outside the study.

Your information may also be looked at by an independent quality control agency to check that the study is being carried out correctly.

Imperial College London is the sponsor for this study based in the United Kingdom. We will be using information from you and your medical records in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly. Imperial College London will keep identifiable information about you from this study 10 years after the study has finished in relation to data subject consent forms.

Further information on Imperial College London's retention periods may be found at <https://www.imperial.ac.uk/media/imperial-college/administration-and-support-services/records-and-archives/public/RetentionSchedule.pdf>.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible.

You can find out more about how we use your information by contacting Professor Hashim Ahmed on 0203 311 1673 or via e-mail at Hashim.ahmed@nhs.net.

LEGAL BASIS

As a university we use personally-identifiable information to conduct research to improve health, care and services. As a publicly-funded organisation, we have to ensure that it is in the public interest when we use personally-identifiable information from people who have agreed to take part in research. This means that when you agree to take part in a research study, we will use your data in the ways needed to conduct and analyse the research study.

Health and care research should serve the public interest, which means that we have to demonstrate that our research serves the interests of society as a whole. We do this by following the UK Policy Framework for Health and Social Care Research.

INTERNATIONAL TRANSFERS

There may be a requirement to transfer information to countries outside the European Economic Area (for example, to a research partner). Where this information contains your personal data, Imperial College London will ensure that it is transferred in accordance with data protection legislation. If the data is transferred to a country which is not subject to a European Commission (EC) adequacy decision in respect of its data protection standards, Imperial College London will enter into a data sharing agreement with the recipient organisation that incorporates EC approved standard contractual clauses that safeguard how your personal data is processed.

CONTACT US

If you wish to raise a complaint on how we have handled your personal data or if you want to find out more about how we use your information, please contact Imperial College London's Data Protection Officer via email at dpo@imperial.ac.uk, via telephone on 020 7594 3502 and via post at Imperial College London, Data Protection Officer, Faculty Building Level 4, London SW7 2AZ.

If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner's Office (ICO). The ICO does recommend that you seek to resolve matters with the data controller (us) first before involving the regulator.

5. WHO IS ORGANISING AND FUNDING THE STUDY?

PROSTAGRAM is funded by a Wellcome Trust Senior Clinical Research Fellowship awarded to Professor Ahmed and Imperial College London (grant code: 204998/Z/16/Z). Further funding is from the Urology Foundation awarded to Dr Eldred-Evans and Imperial College London.

The study is being carried out by Imperial College London. This research is being undertaken as part of a PhD degree at the Department of Surgery and Cancer, Imperial College London by Dr Eldred-Evans. The researchers include a team of specialised doctors, scientists, technical staff and nurses. Our team is experienced and has conducted similar research in the field.

6. WHO HAS REVIEWED THE STUDY?

Patients and expert reviewers have looked at the study both before the funding was awarded and after. This study was given a favourable ethical opinion for conduct in the NHS by the Camberwell St Giles Research Ethics Committee. This committee is responsible for making sure that research takes place in a way that protects the patients' rights and welfare.

7. Will I get paid for taking part?

There is no payment for taking part in this study. Reasonable travel expenses can be reimbursed and we will offer refreshments if your appointment is over lunch.

8. WHAT WILL HAPPEN TO THE RESULTS OF THE RESEARCH STUDY?

If you would like to know our overall findings of the study on all the men who took part, we can send you the final study results. Large studies such as this take a few years to complete and for the final results to appear. When the study results are concluded, we will publish our findings in scientific journals and present them at scientific meetings. It will not be possible to identify you in the published results.

9. WHAT DO I HAVE TO DO NOW?

You will be given as much time as you feel you need to discuss any issues or questions involving this research during your appointment with the researchers and study nurses. If you have any concerns or wish to discuss the study further, please contact:

Trial Manager

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WE WILL GIVE YOU A COPY OF THIS INFORMATION AND A COPY OF THE SIGNED CONSENT FORM TO KEEP.

THANK YOU FOR TAKING THE TIME TO READ THIS INFORMATION SHEET