

**Appointment Date:** .....  
**Appointment Time:** .....

**Consultant:** .....

Please report to the Primrose Centre

### **What is a transrectal ultrasound?**

The investigation is performed in the clinic and there is no need for any special preparations. You may bring a dressing gown with you to wear during the procedure.

You will recall that in order to examine the prostate gland, the doctor inserts his finger into your rectum (the back passage) so that the gland can be felt. The prostate sits just in front of the back passage and is easy to feel in this way. A transrectal ultrasound probe is a finger-like device which can be inserted into the back passage in order to take ultrasonic pictures of the prostate gland.

You will be given a local anaesthetic before the biopsy is taken to help relieve any discomfort.

### **What is a biopsy?**

The word biopsy means sample. The doctor will be taking samples of the prostate. Although the ultrasound pictures of the prostate are useful, they do not tell us precisely what is causing it to enlarge so we use the ultrasound to guide a sampling needle into the gland to take small slivers of tissue to look at under the microscope.

### **Will it hurt?**

Most patients would describe the procedure as uncomfortable rather than painful. Inserting the probe into the back passage causes an unusual sensation very similar to the rectal examination you will already have undergone. You will probably not feel the needle taking the sample although you may be aware of a 'click' feeling whilst this is being done.

### **Complications**

You should be aware of two problems that may arise as a result of the biopsy: bleeding and infection. If either of these continue after one or two days, please contact your GP or out of hours, contact NHS Direct on

0845 46 47.

### **Bleeding**

Within the first 24 hours or so after the biopsy, you may notice some blood in the urine, in the stools or even the semen. This will settle without any special treatment but it is beneficial to drink plenty of fluids and not to undertake any severe physical exertion, such as digging the garden, carrying any weights or straining on the toilet.

### **Infection**

When taking these biopsies, we do take considerable care to avoid an infection although this part of the bowel is not sterile, so there is a risk that an infection may occur. You will have been given an antibiotic tablet to take when you arrive for the biopsy and a further three tablets to take at 8pm on the evening after the biopsy and the following day. Despite these precautions, a small proportion of patients develop an infection. This may take the form of cystitis—that is a burning feeling when passing urine, a need to pass urine frequently and perhaps a constant feeling that the bladder is full. Alternatively, you may experience symptoms similar to flu with muscle aching, a high temperature and shivering attacks. If this does happen it is important that you contact your GP.

Fortunately these complications are rare but it is obviously important you know about them. They may not arise until the day after the biopsy.

### **What should I do before and after a transrectal ultrasound and biopsy?**

Try not to worry. This procedure is undertaken frequently and most patients have no problems. It is good idea to make sure you are not constipated by adjusting your diet or even taking a mild laxative a day or two before the biopsy. After the biopsy, plan to rest the following day and drink plenty of fluids. It is advisable for you to be accompanied to and from the hospital and avoid driving immediately afterwards. You will be in hospital for three to four hours.

If you take regular Asprin, it is important that this medication is stopped one week prior to your biopsy or as soon as you receive this appointment. If you have had a recent heart attack, radiological procedures, such as balloon angioplasty or stent insertion, please consult

your GP before stopping Asprin.

If you are taking Warfarin please contact you're GP or anti-coagulation clinic, on receiving this appointment for instructions on temporarily stopping this medication.

### **When will I be told the result?**

You will be sent an appointment for three to four weeks after the biopsy as it can take three weeks to process the sample and produce a report. Depending on the result, you may need further tests, or treatment. If you experience any reactions following this procedure, however minor, please inform us at your follow-up appointment.

If you have any queries please contact:

Norma Smith  
Uro-oncolgy Nurse  
Telephone: 01234 355122 ext. 5507  
Bleep: 427

# **Urology Department**

## **Transrectal Ultrasound and Prostate Biopsy**



**Information and advice about the transrectal ultrasound and prostate biopsy procedure.**

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