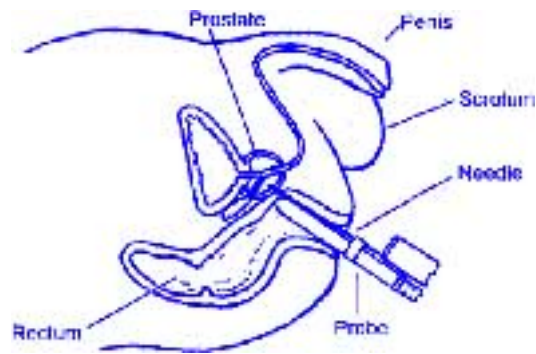


**INFORMATION ABOUT
TRANSRECTAL ULTRASOUND
AND BIOPSY
(TRUS & Biopsy)**

Mr G B Boustead
Consultant Urological Surgeon

What is the Prostate?

The prostate is a male sex gland located underneath the bladder. It is about the size of a walnut and fits around the tube (the urethra), which carries urine out of the bladder. The prostate produces thick fluid that forms part of the semen.



Why am I Having a Prostate Biopsy?

The doctor may recommend a prostate biopsy if one of your blood tests called Prostate Specific Antigen (P.S.A) is raised or if there is an abnormality on examination of your prostate.

The main reason for taking biopsies is to check for the possibility of cancer in the prostate. The chance of cancer being present depends upon the P.S.A result, your age, and the feel of your prostate. If your PSA is between 4-10 ng/mL, you have approx. 25-30 % chance of having prostate cancer. If your PSA is higher than 10ng/mL the risks are higher.

What is a Prostate Biopsy?

This is a sample of tissue is taken from the prostate. It consists of an examination of the rectum during which time the prostate can be examined. A probe and needle are inserted and several biopsies are taken.

What Exactly Happens During the Procedure?

- You will be on the day surgery ward for approximately 2-3 hours.
- On arrival to the area where the biopsy will be carried out on the ward, you will be asked to change into a gown and remove your underclothes.
- You will discuss sedation with the Anesthetist.
- The biopsy is performed by Mr Boustead.
- You may be given an antibiotic tablets just before the procedure or you may be asked to start antibiotics the day before.

- You may receive an injection of antibiotics into a vein in your arm during the procedure. This is to help prevent against infection.
- Several small biopsies will then be taken from the prostate.
- An antibiotic suppository will then be inserted into the rectum.
- You may also be given a pain killer suppository into the rectum.
- The procedure will take about 20-30 minutes to perform.

Please inform the doctor of any allergies or if you are taking warfarin or aspirin as it may have to be stopped temporarily. Do not stop any medication without consulting a doctor first.

Will it be Painful?

Following a questionnaire survey of our own patients in Stevenage, we offer everyone sedation or local anaesthetic to reduce discomfort. Sedation means that you will not be aware of the procedure and will not be able to drive yourself home. Some discomfort following biopsy is common and usually settles with paracetamol.

What Happens After the Procedure?

- You will be return to your room and need to stay for about 1-2 hours afterwards. You will be offered refreshments and something to eat.
- You will be asked to provide a urine sample in order that we may check for any bleeding. It is normal to experience slight bleeding in the urine or from the rectum after the biopsy. This should clear over the next few days ***though blood may still appear in the semen (if you ejaculate) for longer, often for***

a couple of weeks. It may be red at first but later looks rusty brown. It should not cause you pain and there is no risk if you want to have sex.

- A prescription for antibiotics will be provided. **Please complete the course.**
- It is essential that you be accompanied home following the procedure by a relative or friend.

Are there any risks?

There are some risks associated with the procedure.

- Blood in the urine (30%)
- Blood in the semen (14%)
- Blood in the motion (11%)
- Urinary infection (6%)
- Testicular pain/swelling (8%)
- Fevers/chills (7%)
- Hospital admission (5%)

Advice to Patients Following Biopsy

- Drink at least 1-2 litres of clear fluids over the next 24 hours

- Do not strain when opening your bowels for the next 24 hours.
- You will probably see some blood in your urine, in your sperm, or in your bowel motion.

Please do not worry as this is normal and should settle down over the next few days.

In the event of you becoming feverish (flu-like symptoms) or start to pass heavily blood-stained urine or a lot of blood in your bowel motion or have difficulty in passing urine at home, please contact the ward staff immediately for further advice.

Pinehill Hospital : **01462 422822 or 01462 456788**

When Will I Know the Results?

The results for your biopsy will be discussed when you attend your next clinic appointment in 5-7 days.

Please keep this leaflet for reference until after you have had your biopsy.

Telephone Numbers

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