



Greater Midlands Cancer Network

Patient information

Trans Rectal Ultrasound Scan and Prostate Biopsy

Introduction

This leaflet tell you about the procedure known as a Trans Rectal Ultrasound Guided Biopsy of the Prostate gland (TRUS Biopsy) It explains what it involves, and some of the common complications associated with this procedure that you need to be aware of.

What is the prostate?

The prostate gland lies at the base of the bladder and surrounds the pipe you pass water through (the urethra). The prostate enlarges after the age of 40 and can in some men cause problems with passing urine.

What is a Trans rectal ultrasound scan (TRUS) and biopsy?

An Ultrasound scan obtains a picture of the body without using x-rays. This type of scan is used to look at the prostate gland while taking a number of small samples of tissue for examination. These samples from the prostate gland are sent to the laboratory to be looked at under the microscope.

Why do I need this test performed?

As explained to you by the Doctor or Nurse, a prostate biopsy is usually carried out when there is suspicion of prostate cancer

Where will the test be done?

It will be done in the X-ray department at the New Surgical Block of the City General Hospital

Do I need to do anything before the test?

You can eat and drink as normal. If you are taking any medications to thin the blood other than aspirin you will normally need to stop them prior to the biopsy. Clopidogrel will need to be stopped 10 days prior to the biopsy and Warfarin 3 days prior. You will need to discuss this with the urology Doctor or Nurse. If you have any questions regarding this please contact your Clinical Nurse Specialist on 01782 553820

What will happen to me when I come in for the test?

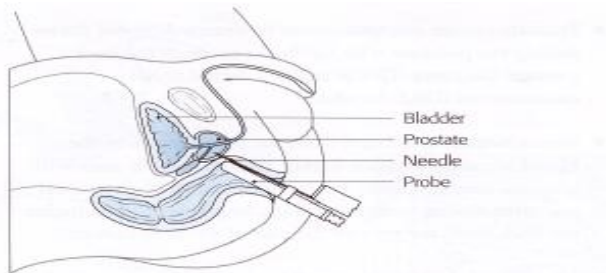
When you will arrive in the department you will be asked to change into a gown. A doctor will ask you to sign a form to say that you agree to go ahead with the test, and you must inform the doctor if you are allergic to anything.

Will I feel anything?

Some patients find either the ultrasound probe or the biopsies uncomfortable and some find it painful. However a local anaesthetic will be administered to minimise the discomfort. You will hear a 'clicking' sound as the biopsies are taken

How will the test be done?

The test will be performed with you lying on your side with your knees drawn up. A nurse will be there to help you. The doctor will insert a probe into your rectum (your back passage), and scan your prostate gland. Approximately 10 small biopsies are then taken using a fine needle, which passes through the rectum into the prostate.



An ultrasound probe inserted in the rectum (back passage) guides the biopsy needle to the correct position



What happens after the test?

You will be able to get dressed, given a drink and asked to stay for about half an hour to recover from the test. You will be given some antibiotics to take home with you. It is very important that you complete the course of antibiotics. If you experience any side effects from the antibiotics you must inform your GP or emergency medical services immediately to get alternative antibiotic treatment.

What are the risks or complications of the test?

You will probably notice some blood in your urine for approximately two weeks, and from the back passage for a couple of days; this is normal. You may get blood in your ejaculation, which may take months to clear. You could also get some discomfort in the back passage; this is usually relieved by taking paracetamol. Less commonly men develop difficulty passing urine which may lead to the need for a catheter (drainage tube) to be inserted into the bladder. There is a small risk of a serious complication of blood poisoning (septicaemia) or severe bleeding. If any of the above does not settle or you get flu like symptoms and/or a high temperature within the first 24 hours then please contact the urology department or your own doctor urgently.

Are there any alternatives?

A member of the urology team will have explained the reasons why they think the biopsy is necessary. Taking a sample of tissue through a biopsy is the most accurate way to test for prostate cancer. Other tests are less reliable.

When will I get my results?

It takes several days to get the results of the biopsies from the laboratory. You will be given an appointment to see a doctor or nurse in the outpatient department in two weeks who will be able to discuss the results with you.

When can I resume normal activity?

There are no formal restrictions on regaining activities such as work, sex or physical exercise. You are advised to use simple common sense.

Local Support Groups

There is a local prostate cancer support group which meets every third Wednesday of the month at Joiners Square Community Centre, Corns Street, Hanley. The meeting runs between 6pm and 8pm. They would welcome yours and your partners company.

Cancer Backup

Cancer Information Charity
3 Bath Place
Rivington Street
London
EC2A 3JR
Tel: (0207) 6132121
Freeline: (0808) 8001234

Further Information

If you have any worries or problems please contact your Clinical Nurse Specialist Tel: 01782 553820

University Hospital of North Staffordshire Lymes Patient Information Centre

Open for drop in sessions:
Monday – Thursday 10am until 12.30pm and
2pm until 4pm

Telephone advice and support available;
Monday – Friday 9am until 5pm

Tel: 01782 554363. (Answer phone available out of hours)

The **Patient Advice and Liaison Service** would be pleased to offer confidential advice and support if you have any concerns. PALS can be contacted on 01782 552814 or Email patient.advice@uhns.nhs.uk

