

**Patient
Information**

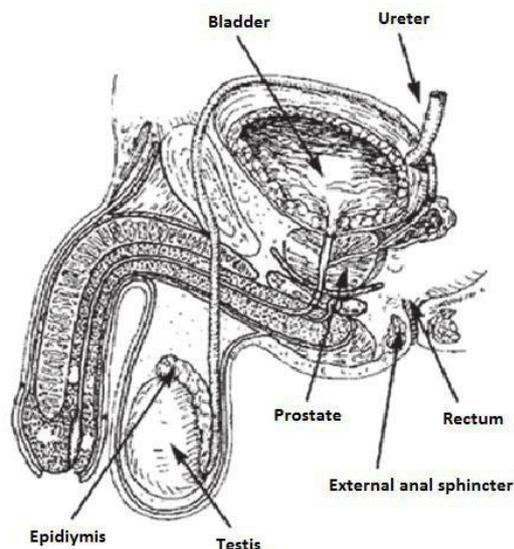
Transrectal ultrasound scan and biopsy of the prostate gland

Introduction

You have recently had a finger examination of the prostate or a Prostate Specific Antigen (PSA) blood test that was either abnormal or unclear. As a result we would like to look into this further by performing a Transrectal Ultrasound Scan (TRUSS) and prostate biopsies. This leaflet will give you information about the scan and prostate biopsies and any possible risks or side effects.

The prostate gland

The prostate gland is within the pelvis and can be reached through the rectum with a small ultrasound probe. A prostate biopsy is when a small sample of tissue from the prostate is taken to be looked at closely under a microscope.



Reference No.

GHPI0317_07_20

Department

Urology

Review due

July 2023

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What does the TRUSS and prostate biopsies involve?

The TRUSS biopsy of your prostate is carried out in an outpatient clinic. Most patients are awake and have local anaesthetic for the procedure. You can eat and drink as normal before the visit. The procedure itself takes around 15 to 20 minutes; but expect to be in the department for up to 3 hours. The procedure can be uncomfortable but should not be painful. If you are currently taking any of the following blood thinning medications you may need to stop them before having the biopsy:

- Clopidogrel
- Warfarin
- Dabigatran
- Rivaroxaban

You should have been told if you need to stop this medication when you were seen in the clinic. You should also have been given advice on how and when to stop. If you have not received or been given this information please contact the Urology Department on Tel: 0300 422 4271.

On arrival

When you arrive in the outpatient clinic, you will be welcomed by the nurse or ward clerk who will check your details.

Please bring a urine sample with you to the appointment. This will allow the nurse to make sure there is no infection in the urine before the procedure is carried out. The doctor or specialist nurse will discuss the procedure with you and answer any questions that you may have. They will also check what medication you are taking and give you antibiotics to take before the procedure. You will need to wait about 60 minutes after you have taken the antibiotics, before the procedure can be carried out. This is to allow time for the antibiotics to be absorbed into the bloodstream.

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The procedure

The nurse will call you through to a clinic room and help you to get comfortable lying on your left side.

You will then have a finger examination through the rectum followed by the probe which will measure the prostate and take about 8 to 12 biopsies (samples).

After the procedure

- You may feel light-headed for about 30 minutes
- Most people can leave straight after the procedure but occasionally we may ask you to stay for longer if bleeding from the back passage is heavy and requires digital pressure
- You do not have to wait to urinate before you leave
- You will see blood in your urine for up to 2 weeks
- We recommend that if your urine looks red that you drink about a single mug of fluid such as water, tea, coffee, milk or squash per hour during the daytime, and again if you happen to wake up at night and see red urine in the toilet
- Do not drink excessive amounts of pure water (more than 4 litres in 24 hours) as this can over dilute your blood and make you unwell
- Complete the course of antibiotics as instructed
- Do not drink alcohol while you are on the antibiotics as one of them interacts with alcohol and will make you sick

If you have a fever or are unwell following the procedure please go to the nearest Emergency Department.

You will receive an appointment to discuss the results of the biopsies with your doctor or nurse specialist in about **3 weeks**.

Side effects/risks

1 in 10 (or greater)

- Blood in your urine for up to 2 weeks
- Blood in your stool or from your back passage (rectum) for up to 2 weeks
- Blood in your semen (for up to 6 weeks)
- Urinary tract infection

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Less common risks

- Severe infection requiring a hospital stay
- Inability to pass urine (retention)

Further tests

If the results are unclear, or if your PSA climbs higher, you may need further procedures which will be discussed with you during your appointment.

Contact information

If you have any questions or concern please contact the Urology Department.

Urology Department

Tel: 0300 422 2986

Please leave a voicemail if there is no answer. We try to return any calls within 24 hours.

Content reviewed: July 2023