Transrectal Ultrasound (Trus) Guided Prostate Biopsies
Urology
Patient Information Leaflet
**What is the purpose of my appointment?**
Your doctor has informed us that you have an elevated Prostate Specific Antigen (PSA) blood test or an abnormal feeling prostate. The aim of the appointment is to determine whether you require further investigation to establish the cause of this. One of the causes can be prostate cancer, but infection or inflammation in the prostate can sometimes also cause this as well. We will, in most cases carry out a prostate biopsy at this appointment. You will be asked to change into a gown (which will be provided) please bring with you a dressing gown to wear over the top and also a pair of slippers.

**What will happen at the appointment?**

You will be seen by a doctor who will ask you about any symptoms you may have noticed. You will be asked questions about any past medical problems and any surgery you have had. You will also be asked about any medication you are taking so please bring this with you or a copy of your repeat prescription. You will also be examined by the doctor unless this has already been done at a prior appointment.

If you are taking either Aspirin or Dipyridamole, please stop taking these two days before your appointment. If you are uncertain about this please consult your GP. If you are currently taking Clopidogrel (Plavix) please contact us, your GP or Cardiologist in order to discuss whether this can be safely stopped.

If you are on Warfarin or similar blood-thinning medication, please make sure you make an appointment with the anticoagulant team about a week before your appointment so they can advise you when to stop the Warfarin. Also contact the Consultants Secretary (details on appointment letter) so that a blood test prior to the biopsy can be arranged.

These drugs can cause increased bleeding after the biopsy. There may be a balance of risk where stopping them will reduce the chances of bleeding, but this can result in increased clotting which may also carry a risk to your health. This will, therefore, need careful discussion with regard to the risks and benefits.

**Where will the procedure be preformed?**

The procedure is usually carried out on Ward C6 at Russells Hall Hospital. (details found on the appointment letter). Please bring with you a book/ magazine/ paper/ drink if you wish as you may expect to be at the hospital for up to 2 hours. Please note the hospital charges for parking so please bring some change. The pay machine is located in the main reception. We would advise you not to drive yourself home. If you require an ambulance for medical reasons you will need to book this through your own GP. You may eat and drink normally prior and after the procedure.
What are the alternatives to this procedure?

Observation with repeat blood tests

What is a TRUS and biopsy?

This procedure involves using an ultrasound probe, inserted via the back passage to scan the prostate. If biopsies are needed, a needle is inserted into the prostate and biopsies (normally 12) are taken.

TRUS is the use of ultrasound to obtain pictures of the prostate gland through the back passage (this does not involve x-rays). A biopsy is a small sample of tissue taken from the prostate with a very fine needle. This tissue will be sent to be examined under a microscope by a Pathologist.

What happens during TRUS and biopsy?

The test will be explained to you and you may be asked to sign a consent form or give verbal consent. Please ask any questions you may have. You will be given antibiotics by injection immediately before the procedure into a vein in your arm and an antibiotic suppository at the end of the procedure will be inserted into the back passage, you will also be given some oral antibiotics to take at home. This helps to reduce the risk of infection.

The test is performed as an out-patient procedure. You will be asked to lie on your left side. The Doctor will examine the Prostate and an Ultrasound probe will be inserted into the back passage. The prostate probe is quite large (about the diameter of a thumb) so the more you relax the better you will tolerate the procedure. Local anaesthetic is injected below the prostate so we do not expect the procedure to be painful.

A number of biopsies will be taken, using a spring-loaded device which operates the biopsy needle. You will hear a ‘clicking’ sound during the procedure. You may also feel the vibration of the TRUS scanner. Normally 6-12 biopsies are taken. The part of the procedure generally takes 7 or 8 minutes.

There may be some pressure or discomfort during the procedure and the prostate can feel ‘bruised’ afterwards, but most men tolerate the procedure very well.

Are there any side-effects?

Most procedures have a potential for side-effects. You should be reassured that, although all these complications are well-recognised, the majority of patients do not suffer any problems after a urological procedure. You may experience the following problems:
Common (greater than 1 in 10)

- Blood in the urine
- Blood in the semen – this may last for up to 6 weeks but is perfectly harmless and poses no problem for you or your sexual partner
- Blood in the stools
- Urinary infection (10% risk)
- Sensation of discomfort from the prostate due to bruising
- Haemorrhage (bleeding) causing an inability to pass urine (2% risk)

Occasional (between 1 in 10 and 1 in 50)

- Blood infection (septicaemia) requiring hospitalisation (2% risk)
- Haemorrhage (bleeding) requiring hospitalisation (1% risk)
- Failure to detect a significant cancer of the prostate
- The procedure may need to be repeated if the biopsies are inconclusive or your PSA level rises further at a later stage

Rare (less than 1 in 50)

- Inability to pass urine (retention of urine)

Hospital acquired infection

- Colonisation with MRSA (0.9% - 1 in 110)
- Clostridium difficile bowel infection (0.2% - 1 in 500)
- MRSA bloodstream infection (0.08% - 1 in 1250)

The rates for hospital-acquired infection may be greater in high-risk patients e.g. with long-term drainage tubes, after removal of the bladder for cancer, after previous infections, after prolonged hospitalisation or after multiple admissions.

What should I do when I get home?

- Sit quietly at home for the first 48 hours after the biopsies
- Drink twice as much fluid as you would normally for the first 48 hours after the biopsies and avoid alcohol
- Maintain regular bowel function
- Avoid physically-demanding activities
- Make sure you complete your course of oral antibiotics
- Take simple analgesia (painkillers) for discomfort e.g. Paracetamol
- Avoid sexual activity for the first 48 hours after that resume when you feel comfortable, even if there is blood in the semen.
Is there anything else I should look out for?

A fever or shivering requires urgent action by your GP or hospital you should contact them immediately.

If there is a lot of bleeding in the urine or from the back passage, especially with clots of blood, you should contact your GP or the hospital.

How and when do I know the outcome?

We understand that this is an anxious time for you and your family. We aim to let you know the results as soon as possible either by phone, letter or a hospital appointment. If you receive a hospital appointment you may bring a family member or friend with you if you wish. The processing and reporting on the biopsy specimen takes about 2 or 3 weeks. If you have not heard from us after 3 weeks please contact the consultant’s secretary.

Please make sure the nurse knows your current contact details

What if I do have prostate cancer?

With the increased use of the PSA blood tests and prostate biopsies more prostate cancers are being diagnosed, many at an early stage. Not all prostate cancers need treating, but by finding it early there is opportunity to treat the disease at a much earlier stage, or monitor its behaviour. The treatment methods (including surgery, radiotherapy and hormone therapy) are complex and the choice of treatment depends on many factors which are individual to each man.

We understand that you may have many concerns and it may help if you make a list of these to discuss with your Consultant. Alternatively you can contact the Clinical Nurse Specialist who will be happy to address any of your concerns:

Caroline Salt, Clinical Nurse Specialist, Urology
Telephone: 01384456111 2873
Mobile: 07787512834

Out of Hours (16:00 – 08:00 Monday – Friday) and at weekends
Ward B6 Tel: 01384 244125
Ask to speak to the nurse in charge. If the nursing staffs are unable to address your questions, they will suggest alternative contacts.
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Urology Nurse Specialists:-
Monday – Friday 08:00 – 16:00
Tel: 01384 456111 Extension 2873  or Mobile 07787512834

Out of Hours (16:00 – 08:00 Monday – Friday) and at weekends
Ward B6 Tel: 01384 244125

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Further Information

Dudley Cancer Support
10. Ednam Road
Dudley
DY1 1JX
Tel: 01384 231232
Fax: 01384 459975
Email: info@support4cancer.org.uk
Provides practical help, emotional support and information to people with cancer, their families, friends and carers in the borough of Dudley and surrounding areas
Monthly prostate cancer support group, every third Tuesday at 2pm

The Prostate Cancer Charity
Helpline on 0800 074 8383 or visit our website at www.prostate-cancer.org.uk
Information and Support for Patients with prostate cancer

CancerHelp UK
www.cancerhelp.org.uk

CancerHelp is the patient information website of Cancer Research UK. It contains information on active surveillance and living with cancer.
Cancer Counselling Trust
www.cancercounselling.org.uk
Phone: 020 7843 2292
Offers counselling for people with cancer, friends and family.

Macmillan Cancer Support
www.macmillan.org.uk
89 Albert Embankment, London SE1 7UQ
Freephone helpline: 0808 808 0000
Mon-Fri 9am-8pm
Practical, emotional and financial support for people with cancer, family and friends.

Healthtalkonline.org
www.healthtalkonline.org
Watch, listen to or read personal experiences of cancer diagnosis and treatment

Patient choice
Website: www.nhs.uk
This Information can be made available in large print, audio version and in other languages, please call 0800 0730510.

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