

What should I be aware of after the biopsy?

You may pass blood in the urine, stools and sperm. This is normal and should settle in a couple of days but can persist for two weeks. It is normal to experience some discomfort which should settle in a couple of days. You may wish to take a pain killer such as paracetamol if required.

If you have any concerns then please contact John O'Neill, Urology Clinical Nurse Specialist on: 020 8535 6940, Monday to Friday from 8am to 4pm. You should attend the A&E department if:

- Your temperature rises above 38°C or 100°F.
- You feel sick and have rigors (shivers).
- You are experiencing a burning sensation when you pass urine.
- You are unable to pass urine.
- You have severe bleeding.

For further information please contact the Specialist Urology Nurses:

Write to - Department of Urology, Whipps Cross University Hospital, Whipps Cross Road, Leytonstone, London, E11 1NR

Telephone - 020 8535 6940 or 07659 822117

Version: TRUS01
Review date: Jul 2012

Having a Trans-rectal Ultrasound and Prostate Biopsy (TRUS Biopsy)

What is a TRUS biopsy?

A TRUS biopsy is a procedure where a small probe is placed into the rectum (back passage) as this is where the prostate can be easily reached. Some measurements of the prostate are then taken before a small needle is passed through the probe in order to take samples of tissue to send to the laboratory.

You have been referred for this investigation as one of your blood tests called Prostate Specific Antigen (PSA) may be higher than normal. Or, on rectal examination, your prostate was felt to be abnormal and we want to rule out the possibility of prostate cancer.

Department of Urology

How do I prepare for a TRUS biopsy?

Antibiotics - You must take any antibiotics that you have been given as explained to you in the clinic. If you have not already been given antibiotics, they will be given to you before the procedure, when you attend the clinic.

- If you are taking a medicine called Warfarin, special arrangements will be made.
- If you are taking Aspirin or Clopidogrel, you will usually be asked to stop these tablets five days before the biopsy. If you have a stent in your heart you should not stop any medication without speaking to a specialist urology nurse first. Take all other medication as normal.
- Please ensure that you open your bowel **before** coming to have the biopsy.
- Eat and drink normally.
- Bring a urine specimen on the day.
- Bring a list of any medications that you take.

How is the prostate ultrasound and biopsy performed?

For the investigation, you will be asked to lower your trousers and underwear and lie on your left hand side on a couch with your

knees drawn up towards your chest.

An ultrasound probe is then passed into the back passage in order to see an image of your prostate on the screen. A few minutes will be spent looking closely at different areas of the prostate. You will have a small injection of local anaesthetic into the prostate immediately before the biopsy to help numb it.

The biopsies will be then be taken - 6 to 12 are usually required. They are taken with a needle passed through the probe already inserted in your back passage. The instrument used to take the biopsies makes a loud click so please do not be alarmed. The investigation takes approximately 15 minutes to complete but you should allow more time so you can be fully prepared for your biopsy.

What happens after the biopsy?

After the procedure we ask you to wait for 30 minutes or so. Providing you feel well, you will then be able to go home. You will be asked to take antibiotics following the procedure. We will also inform you when to restart your Aspirin/Warfarin/ Clopidogrel if you usually take these tablets.

The biopsies take approximately two weeks to be examined. You will be given an appointment to be seen in the Outpatient Department for the results.

