



INFORMATION SHEET

Trans Rectal Ultrasound and Prostate Biopsies

This procedure is a way of diagnosing prostate cancer. The reason for needing this test will have been discussed with you by your doctor, and depends on a number of factors including the findings of your rectal examination, PSA (blood test), age and life expectancy.

It involves the examination of the prostate by an ultrasound probe inserted into the rectum. After local anaesthetic has been injected a fine needle is inserted into the prostate and a number of small samples (biopsies) are taken. It is uncomfortable but not usually painful.

Allow a total appointment time of 30 minutes, although the procedure itself normally takes 10 minutes.

Before the Procedure

1. Do not take Aspirin or anti-inflammatory medications 7 days before the operation. This will reduce the risk of bleeding.
2. Please advise your doctor if you are taking Warfarin or any blood thinner as he will need to discuss this with you.
3. A single antibiotic tablet (Ciproxin) is used before and after the procedure to significantly diminish the risk of infection.
4. A microlax enema may be used prior to the procedure if ordered by your doctor.

ANTIBIOTIC (CIPROXIN) TABLETS

- **You will be supplied with two antibiotic tablets**
- **The first tablet should be taken about one and a half hours (90 minutes) before your appointment. You should have nothing to eat for two hours before and after your tablet. You may drink water if you are thirsty**
- **It is important to take this first tablet correctly as you will then have a high level of antibiotic throughout your body at the time of the test**
- **Following these instructions carefully provides a high level of protection against infection**
- **It is very important for you to take your second Ciproxin (antibiotic) tablet approximately two hours following your evening meal.** After your evening meal only drink water if you are thirsty.

During the Procedure

1. You will be escorted to theatre and asked to change
2. The procedure is carried out with you lying on your left side in a similar position to a rectal examination, the nurse will explain the procedure and be in attendance throughout the procedure.

3. The ultrasound probe is then inserted into your rectum.
4. Local anaesthetic is injected around the prostate to make the biopsies more comfortable.
5. The biopsy samples are obtained by a needle and biopsy gun. The sound of the gun will be demonstrated to you prior to the procedure.
6. 8 to 12 biopsies are usually taken.
7. It is important to lie as still as possible and let the doctor know if the procedure is painful.

After the Procedure

1. **In the event of an emergency, please contact the practice on 08 82231472 between 9am and 5pm or telephone your doctor after hours (number in the telephone book).**
2. The biopsy specimens are sent to the Pathologist for examination.
3. A sick certificate and follow-up appointment will be arranged as requested by your doctor.
4. Limit your activities, particularly stressful ones, for 24 hours. Staying off your feet until the next morning is probably a good idea.
5. You should be able to resume normal activities the next day.
6. As part of our quality programme, you will be asked to complete a post-operative survey.

RISKS AND COMPLICATIONS

1. **Infection**—If, within 24 hours, you feel quite ill with a headache, sweating, fevers, chills, painful testicles or problems passing urine, you will need to contact your doctor as you will require admission to hospital for further treatment with antibiotics. These symptoms occur in less than one percent of patients, but should be reported to your doctor immediately.
2. **Bleeding**—you may experience blood in your urine, bowel motion or semen and this will gradually subside over the next few days and rarely causes a problem. If bleeding persists or is very heavy, contact your doctor. Rarely bleeding in the rectum can cause marked swelling and a **haematoma**. Usually this settles with time.
3. **Difficulty or Inability to Urinate**—This can occur due to swelling around the prostate and may very rarely lead to a complete blockage of urine flow. If this occurs contact your doctor as soon as possible.
4. **Pain and Discomfort**—you may experience discomfort in the rectum or base of the penis. This is very common and should settle in 24-48 hours.
5. **Epididymitis**—uncommon condition that involves the larger tube behind the testicle becoming inflamed and swollen. May require antibiotics or anti-inflammatory medication.
6. **Allergic Reaction**— very rarely as a reaction to the local anaesthetic some men may experience itching or hives.
7. **Sexual Function**—A prostate gland biopsy does not cause problems with erections and will not make a man infertile. It can, however, often cause blood and discolouration in the semen (ejaculate) for up to 4 weeks. You may wish to consider using a condom during sexual intercourse.