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Trans-Rectal Ultrasound- Guided Biopsy of Prostate

(TRUS Biopsy of Prostate)

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Aim of the leaflet

This leaflet aims to provide you with information on the Trans-Rectal Ultrasound-Guided Biopsy of Prostate procedure.

The prostate gland

The prostate is a small soft gland about the size of a walnut that sits under the bladder and in front of the rectum. The urethra is the narrow tube that runs the length of the penis and carries both urine and semen out of the body. The urethra runs directly through the prostate. The rectum, (back passage) or lower end of the bowel, sits just behind the prostate and the bladder. Because the prostate is close to the rectum, it is possible to take samples (biopsies) by passing a needle through the wall of the rectum. This is used for the diagnosis of prostate disease/cancer. This is usually in relation to a rise in the PSA (prostate blood test) as well as being indicated by MRI scan.

Before the biopsy

You will be asked about any medication that you may be taking. This medication includes those that are prescribed by the doctor, any medicines that you purchase for yourself from the pharmacy and any homeopathic or herbal remedies.

You will be asked to sign a form consenting to the procedure. You will be given two antibiotic tablets to take one hour before your appointment on the day of procedure as prophylactic cover for infections.

Blood thinning medication

If you are on:

Warfarin (an INR blood test is required either the day prior to you having the procedure, or on the day (your team will tell you which is appropriate). This blood test can be taken at your GP surgery

or in the blood clinic at Lincoln County Hospital. You may be given enoxaparin as a temporary alternative to warfarin. You will need an appointment at your coagulation clinic a few days following the biopsy **or**

Dipyridamole: you will need to stop taking it 5 days before the biopsy.

Clopidogrel: you will need to stop taking it 7 days before the biopsy.

Apixaban or Riveroxiban: you will need to stop taking it 2 days before the biopsy.

What you will need with you

It is recommended that you bring your partner or a driver with you to this appointment, as you may not be feeling well enough to drive home.

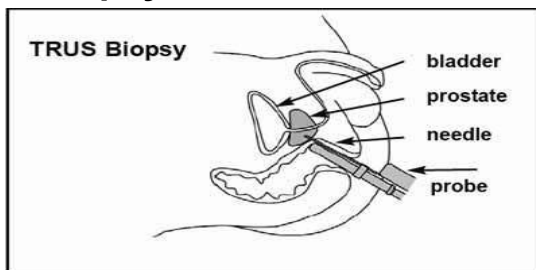
On the day of the biopsy

A member of staff helping with the procedure will check if the consent has been signed and if the antibiotics have been taken.

You will also have your blood pressure checked. You will be asked to change into a theatre gown.

Occasionally a medical student or student nurse may be present in the room as part of their education. You will be asked beforehand if you consent to their presence during your procedure.

The prostate biopsy



The biopsy is carried out with the help of an ultrasound scanner. The ultrasound probe is lubricated with gel and passed into the rectum. The prostate gland is injected with local anaesthetic. The needle is passed down the shaft of the probe and passes through the wall of the rectum into the prostate gland, under the guidance of the ultrasound image. In a similar way the biopsy needle is used to take samples of tissue from the prostate gland. This is a spring-loaded device, which makes a 'click' sound as it is activated. We normally take between ten and twelve biopsies.

The procedure takes 20 to 30 minutes to perform and we would expect you to be able to go home shortly after the procedure.

Will the biopsy hurt?

There will be some discomfort but the administration of local anaesthetic should make the procedure reasonably tolerable.

After the biopsy

We require you to stay in the hospital until you are able to pass urine. A letter will be sent to your GP advising that the biopsy has taken place.

What are the side effects?

Infection

The antibiotics you have been given are to reduce the risk of an infection developing but infection can still sometimes occur. These infections can occasionally be serious and immediate treatment may be necessary.

Contact your GP or a member of the urology team treating you or your accident and emergency department immediately if you experience any of the following symptoms:

- Feeling unwell with shivers.
- Flu like symptoms.
- High temperature.
- Severe pain when passing urine/reduced urine output.

It is important that if you have these symptoms, you take prompt action.

Bleeding

You may experience some bleeding following the procedure:

- In your urine – for between 7 to 14 days. If this occurs drink plenty of fluids.
- In your bowel movements – for between 7 to 14 days.
- In your semen – for up to 12 weeks. This becomes darker as time goes on and gradually disappears. This is to be expected so do not worry. If this is a concern to you or your partner, a condom should be used during sexual activity. If the bleeding does not stop, or is very heavy, you need to contact your GP or A & E.

Vasovagal (collapse) episode

Occasionally patients feel sweaty and faint after the procedure, due to irritation of the rectum during the prostate biopsy. Patients are asked to lay flat for several minutes until this reaction goes away.

The biopsy results

It can take up to four weeks for the tissue taken by the biopsy to be analysed.

Once these results are available, your case will be discussed at the weekly multi-disciplinary team meeting to collate all of your information. You will then be telephoned and asked to attend a clinic appointment to discuss the results with a consultant.

Urology CNS key workers

Angie Ellis

Clinical Nurse Specialist
Lincoln County Hospital/County Hospital Louth
Tel: 01522 573821/01507 631451
angie.ellis@ulh.nhs.uk

Claire Osborne

Clinical Nurse Specialist
Lincoln County Hospital
Tel: 01522 573821
claire.osborne@ulh.nhs.uk

Victoria Lowes

Clinical Nurse Specialist
Pilgrim Hospital Boston
Tel: 01205 446082
victoria.lowes@ulh.nhs.uk

Lee Gilbert

Clinical Nurse Specialist
Pilgrim Hospital Boston
Tel: 01205 446082
lee.gilbert@ulh.nhs.uk

Abigail Hanrahan

Clinical Nurse Specialist
Grantham Hospital
Tel: 01476 464363
abbey.hanrahan@ulh.nhs.uk

Anita Cornish

Clinical Nurse Specialist
Lincoln County Hospital
Tel: 01522 573821
anita.cornish@ulh.nhs.uk

Sharon Wood

Clinical Nurse Specialist
Lincoln County Hospital
Tel: 01522 573821
sharon.wood2@ulh.nhs.uk

