

# PROSTATE BIOPSY (TRUS)

## Patient Information

### Dear Patient

As a part of the two week rule pathway, it is important that we perform the tests required as soon as possible to investigate the cause for your symptoms. This might include an MRI and a biopsy of your prostate.

### What is the prostate?

The prostate gland is located just below the bladder in men and surrounds the top portion of the tube that drains urine from the bladder (urethra). The primary function of the prostate is to produce the fluid that nourishes and transports sperm (seminal fluid).

### A prostate biopsy is used to detect prostate cancer.

This sort of biopsy may be recommended if:

- You have had two PSA tests (blood tests) showing levels higher than normal for your age.
- Your doctor finds lumps or other abnormalities during a digital rectal exam.
- You've had a previous biopsy that was normal, but you still have elevated PSA levels.
- A previous biopsy revealed prostate tissue cells that were abnormal but not cancerous.

**Magnetic resonance imaging (MRI)** is a non-invasive medical test that doctors use to diagnose and treat medical conditions. This is often done as a part of the investigations into prostate problems and should be done prior to a TRUS biopsy. MRI uses a powerful magnetic field, radio frequency pulses and a computer to produce detailed pictures of organs, soft tissues, bone and other internal body structures. MRI does not use ionizing radiation (x-rays).

### To prepare for your prostate biopsy, you will need to:

- **Stop taking medication that can increase the risk of bleeding — such as warfarin (Coumadin), aspirin, ibuprofen (Advil, Motrin IB, others), certain herbal supplements — for several days before the procedure.**

- Provide a urine sample to analyse for a urinary tract infection. If you have a urinary tract infection, your prostate biopsy will likely be postponed while you take antibiotics to clear the infection.

- Take antibiotics before and after your prostate biopsy to help prevent infection from the procedure.

## When do I take the antibiotics?

You will have been given a prescription for:

Three Ciprofloxacin 500mg tablets (3 doses)  
Three Metronidazole 400mg tablets (3 doses)

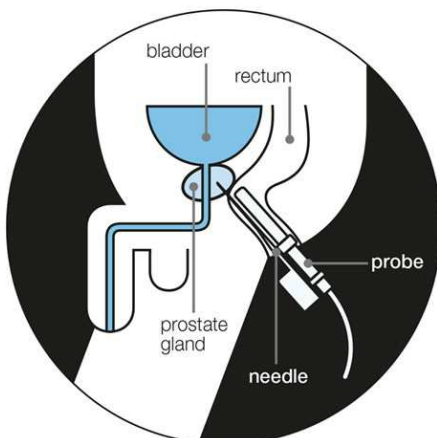
1<sup>st</sup> Ciprofloxacin tablet should be taken the evening before the biopsy  
2<sup>nd</sup> Ciprofloxacin should be taken 2 hours before the biopsy and  
3<sup>rd</sup> Ciprofloxacin tablet to be taken 12 hours after biopsy.

1<sup>st</sup> Metronidazole tablet should be taken 2 hours before the biopsy  
2<sup>nd</sup> Metronidazole tablet taken 6 hours after biopsy.  
3<sup>rd</sup> Metronidazole tablet taken evening of biopsy (before bed or if procedure occurred later in the day, then the following day, but tablets should be spaced out at 8 hourly intervals).

**YOU MUST NOT DRINK ALCOHOL WHILE TAKING THESE TABLETS.**

## What to expect during a transrectal prostate biopsy (TRUS)

You will be asked to lie on your side with your knees pulled up to your chest. You might be asked to lie on your stomach. After cleaning the area and applying gel, your doctor will gently insert a thin ultrasound probe into your rectum.



Transrectal ultrasonography uses sound waves to create images of your prostate. Your doctor will use the images to identify the area that needs to be numbed with an injection to reduce discomfort associated with the biopsy. The ultrasound images are also used to guide the prostate biopsy needle into place.

## **After the procedure:**

Your doctor will recommend that you do only light activities for 24 to 48 hours after your prostate biopsy.

You will need to take antibiotics after the procedure.

You might also:

- Feel slight soreness and have some light bleeding from your rectum
- Have blood in your urine or stools for a few days.
- Notice that your semen has a red or rust-coloured tint caused by a small amount of blood in your semen. This can last for several weeks.
- Avoid driving for a minimum of 24 hours after the procedure. Then only when you feel fully recovered enough so that you can stop the car safely.

**A fever (high temperature), chills, pain or burning when you pass urine, or difficulty peeing are signs of an infection. This can happen even if you've been taking antibiotics. If you have these symptoms you should go to your nearest hospital A&E department straight away.**

## **Getting your results**

You will receive a follow up appointment and the results of the biopsy will be discussed with you at this appointment. The biopsy does not provide a conclusive answer in all patients so it may be necessary to keep you under observation for some time.

If cancer is found, this is likely to be a big shock, and you might not remember everything your doctor or nurse tells you. It might help to take a family member, partner or friend with you for support when you get the results. You can also ask them to take notes during the appointment.

You will receive a copy of the letter your nurse or doctor writes to your GP to summarise the results of the biopsy and what was discussed.

## **If you have any further questions about this procedure or concerns, please contact any of the following:**

Terri Hess, Lead Urology Clinical Nurse Specialist	01932 723278
Vicky Powell, Senior Urology Clinical Nurse Specialist	01932 726621
Lisa Evetts, Senior Urology Clinical Nurse Specialist	01932 726621
Urology Medical Secretary	01932 722385

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

**Author:** Lisa Evetts and Terri Hess

**Department:** Urology

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



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**Ashford Hospital** London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**

**St. Peter's Hospital** Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

**Website:** [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)