

Transrectal ultrasound-guided prostate biopsy

Urology Department

Patient Information Leaflet

Introduction

This leaflet is for people who are having an appointment to investigate higher than normal levels of prostate specific antigen (PSA) in a blood test, or a prostate that feels abnormal.

If you would like more detailed information, please contact one of our urology clinical nurse specialists based at Russells Hall Hospital.

What is the purpose of my appointment?

It is to determine whether you need further tests to investigate your symptoms. One of the causes of urinary symptoms or a raised PSA can be inflammation or infection in the prostate, or just an enlarged prostate. However, another cause can be prostate cancer so the tests are designed to rule out or confirm a diagnosis of prostate cancer.

What will happen at the appointment?

At the appointment, a doctor will ask you about:

- Any symptoms you have noticed.
- Past medical problems.
- Surgery you have had.
- Medication you are taking, so please bring this with you, or a copy of your repeat prescription.

The doctor/clinical nurse specialist (CNS) will examine you unless you have already been examined at a previous appointment.

On your first appointment, we may recommend/request you undergo a magnetic resonance imaging (MRI) scan. This is so that we can target any abnormal areas when we carry out the biopsy. If the MRI scan is required, this will be performed on a different date.

If we arrange a scan and it shows any abnormality within the prostate, or there is a high level of clinical suspicion (the PSA is high and the prostate feels abnormal), we will send you an appointment for a prostate biopsy. If there is no obvious abnormality and a low level of clinical suspicion (the PSA is normal or slightly raised and the prostate feels normal), we may discuss with you monitoring your PSA instead of a biopsy.

If you are having a biopsy, we will ask you to change into a hospital gown so please bring a dressing gown to wear over the top of the gown and a pair of slippers.

The rest of the leaflet is about the procedure to take a prostate biopsy.

What is a transrectal ultrasound (TRUS) and biopsy?

TRUS is the use of ultrasound to obtain pictures of the prostate gland through the back passage. It does not involve X-rays. A biopsy is a small sample of tissue taken from the prostate with a very fine needle. This tissue can then be examined using a microscope.

A small ultrasound probe is inserted into your back passage to scan the prostate. If biopsies are needed, the doctor will insert a needle into your prostate to take them. It is usual to take up to 18 biopsies.

What are the benefits of the procedure?

It will give your consultant information about your medical condition. This will be used by the consultant to advise you about further tests you need or treatment.

What are the risks?

Most procedures have some risks and it is important that we make you aware of these. You may experience the following problems after this procedure:

Common risks:

- Blood in your urine.
- Blood in your semen – this may last for up to six weeks but is perfectly harmless and will not cause any problems for you or your sexual partner.
- Blood in your stools (faeces).
- A urine or other infection.
- Discomfort in your prostate due to bruising.
- Bleeding which may cause problems with you passing urine.

Occasional risks:

- Blood infection (septicaemia). If you get this, you will need hospital treatment.
- Heavy bleeding. If you get this, you will need hospital treatment.
- Failure to detect a cancer of the prostate.
- The procedure may need to be repeated if the results of the biopsies are not clear, or if your PSA level rises further at a later stage.

Rare risk:

- You cannot pass urine. If this happens, you will need hospital treatment.

What are the alternatives to this procedure?

You can decide not to have the procedure and to have regular blood tests to monitor your condition.

What do I need to do before the procedure?

You can eat and drink normally before and after the procedure.

We would advise you not to drive yourself home. If you need an ambulance for medical reasons, you will need to book this through your GP.

Please bring a book, magazine, paper and a drink with you, if you wish, as you may be at the hospital for up to two hours.

What about my medication?

If you are taking anticoagulant medication (this is medication that 'thins' the blood), this will need to be stopped before a biopsy. This is because these drugs can cause increased bleeding after a biopsy.

You will need to stop the medication as follows:

- Warfarin – stop taking this for five days. You will need to have an INR blood test before the biopsy
- Rivaroxaban, apixaban, endoxaban – stop taking these for two days
- Clopidogrel, dipyridamide, ticagrelor – stop taking these for seven days

If you are on any other blood thinning medication not on the list, please ask the doctor at your consultation or ring for instructions for when to stop it.

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.

Therefore, the risks and benefits of this will need to be discussed carefully with you before you have the procedure.

Where will the procedure be performed?

The procedure is usually carried out on ward C6 at Russells Hall Hospital. Details about this can be found on your appointment letter.

What happens during TRUS and biopsy?

Firstly, we will explain the procedure to you. Please ask any questions you may have. If you are happy to go ahead, we will ask you to give verbal consent.

We will give you antibiotics by injection immediately before the procedure into a vein in your arm. We will then insert an antibiotic suppository, which is like a big tablet, into your back passage. We will also give you some antibiotic medicine to take at home. This helps to reduce the risk of infection.

The test is performed as an outpatient procedure so you will not need to stay in hospital. You will need to lie on your left side. The doctor will:

- Examine your prostate.
- Insert an ultrasound probe into your 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 your prostate so the procedure should not be painful.
- Take a number of biopsies, 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 six to 18 biopsies are taken. This part of the procedure generally takes seven or eight minutes.

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

What should I do when I get home?

- It is a good idea to 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
- Use the toilet regularly, including passing stools (faeces)
- Avoid physically-demanding activities
- Make sure you complete your course of antibiotic medicine
- Take simple painkillers for discomfort such as paracetamol, if you can take it (always read the label; do not exceed the recommended dose)
- Avoid sexual activity for the first 48 hours. After that, you can start having sex again when you feel comfortable, even if there is blood in your semen

What should I look out for at home?

If you get:

- A fever (high temperature) or start shivering, you should contact your GP, or ward C6 at the hospital on 01384 244282, immediately for advice.
- A lot of bleeding in your urine or from your back passage, especially if you have clots of blood, you should contact your GP or ward C6 at the hospital on 01384 244282.

How will I get the results?

We understand that this is an anxious time for you and your family. It takes about two to three weeks for the biopsies to be analysed. We aim to let you know the results as soon as possible either by phone, letter or a hospital appointment.

If you have not heard from us after three weeks, please contact your consultant's secretary.

If you have a hospital appointment, you can bring a family member or friend with you if you wish.

Please make sure the nurse knows your current contact details.

What happens if I have prostate cancer?

With the increased use of PSA blood tests and prostate biopsies, more prostate cancers are being diagnosed, many at an early stage. Not all prostate cancers need to be treated. However, by finding it early, there is the 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. The choice of treatment will depend on your individual condition.

We understand that you will have many concerns and it may help if you make a list of these to discuss with your consultant. Alternatively, you can contact one of the clinical nurse specialists who will be happy to discuss any of your concerns with you. The urology clinical nurse specialists (CNS) can be contacted on:

01384 456111 ext. 2873 or 07787 512834

Can I find out more?

If you are given a diagnosis of prostate cancer, the following are some organisations that you may find useful:

White House Cancer Support

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.

10 Ednam Road

Dudley

DY1 1JX

01384 231232

01384 459975

Email: info@support4cancer.org.uk

<http://www.support4cancer.org.uk/>

Prostate Cancer UK

Information and support for patients with prostate cancer.

0800 074 8383

<http://prostatecanceruk.org/>

Cancer Research UK

Information on active surveillance and living with cancer.

Speak to a nurse on 0808 800 4040

<http://www.cancerresearchuk.org/about-cancer/>

Macmillan Cancer Support

Practical, emotional and financial support for people with cancer, and their family and friends.

0808 808 0000 (9am to 8pm, Monday to Friday)

<https://www.macmillan.org.uk/>

Healthtalkonline.org

Watch, listen to or read personal experiences of cancer diagnosis and treatment.

<http://www.healthtalk.org/>

NHS Choices

Information about prostate cancer.

<http://www.nhs.uk/conditions/Cancer-of-the-prostate/Pages/Introduction.aspx>

The information prescription service provides a wide range of patient information for specific conditions such as cancers:

<http://www.nhs.uk/Search/?q=information+prescription>

Contact information for the urology clinical nurse specialists

If you have any questions, you would like more information, or if there is anything you do not understand about this leaflet, please contact:

The urology clinical nurse specialists on 01384 456111 ext. 2873 or 07787 512834 (8am to 4pm, Monday to Friday)

Ward C6 on 01384 244282

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/urology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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