

# Having a transrectal ultrasound scan and biopsy of the prostate

Urology department

Urology Clinical Nurse Specialists

01935 384 394

[yeovilhospital.nhs.uk](http://yeovilhospital.nhs.uk)

Your doctor has recommended that you have an Transrectal Ultrasound Scan and biopsy of the prostate. This leaflet will help to answer some of the questions you may have about the procedure. If you have any other questions or concerns please speak to the doctor or nurse when you come for the scan and biopsy.

### Why do I need to have this examination?

You may have had a Prostate Specific Antigen (PSA) blood test with higher than “normal” results. PSA is a protein produced by the prostate. The PSA test is used to try to detect early prostate cancer. However, a raised PSA level does not necessarily mean someone has cancer. It can be due to other causes - such as an enlarged prostate because of aging, a urine infection or an infection of the prostate itself.

You may also have had an examination of the prostate via your rectum (back passage). Your prostate may have felt abnormal. This can sometimes suggest prostate cancer. It can also be due to less serious conditions such as infections or stones in the prostate.

### Anticoagulants

If you are taking anticoagulants such as Warfarin or Dindevan, please stop taking them five days before the procedure. If you are taking Clopidogrel (PLAVIX). If you are on Rivaroxaban, Apixaban or Edoxaban, please stop taking 48-72 hours before your procedure.

It is not necessary to stop taking aspirin.

If unsure please contact the urology nurses on 01935 384 394.

### Allergies

If you are allergic to any antibiotics, please telephone the urology nurses on 01935 384 394 for advice as soon as possible.

### What happens during the scan and biopsy?

You will be asked to remove your lower clothing before you lie on the couch. A transrectal ultrasound probe will then be put into your back passage. This is a small instrument that uses sound

waves to produce an image of the prostate on a screen. It may help the doctor to find out if there are any abnormalities with your prostate gland. A local anaesthetic will be placed into your prostate - this helps to slightly numb the area, as the procedure can be uncomfortable. The probe is also used to guide the doctor as he takes some small samples of tissue (known as a biopsy) from the gland. A minimum of 12 biopsies are usually taken. The whole procedure takes about 15-20 minutes.

## Are there any risks or problems associated with the scan or biopsy?

### After the examination you may:

- Have some pain or discomfort. This can be treated with a painkiller such as paracetamol
- Have some blood in your urine or from your back passage. This may last up to three weeks
- Be susceptible to infection

The doctor will prescribe a short course of antibiotics at this appointment, to reduce the risk of infection. You will take 500mg tablets of Ciprofloxacin twice a day. It is important that you complete this course of antibiotics. You must also avoid drinking any alcohol with this medication.

- Notice blood in your semen. This is normal but may take a few weeks to clear.

## Important

Sometimes, even though patients have taken antibiotics they can develop infections with severe symptoms.

### These include:

- Flu like symptoms such as fever, shivering and feeling unwell for more than 24 hours
- Large blood clots in the urine that are difficult to pass
- Passing urine often with burning, stinging or an offensive smell

**If you experience any of these you should contact your GP straight away.**

## What happens when the examination is complete?

The nurse will make a follow up appointment for the results of the scan and biopsy, and explain any discharge instructions to you.

## What about when I go home?

■ Avoid strenuous exercise for three to four days after the examination. This includes things like lifting heavy objects, digging the garden, playing golf etc

■ You can usually resume sexual activity after 3 or 4 days

**If you experience any discomfort once the local anaesthetic has worn off, you may take an anti-inflammatory and/or paracetamol.**

## What are the benefits of the examination?

The doctor can use results from the scan and biopsies to quickly discover if there are any problems with your prostate gland.

It is wise to make sure you feel fully recovered after the procedure. You may like to have a drink (there is a coffee shop in the Outpatients waiting area), and sit down before you make your way home.

It is not essential but you may prefer to arrange for someone to drive you home and it may be helpful to bring a relative or friend with you when you come for the next appointment.

If you require further information or advice, or need to change your appointment, please contact:

**Clinical Nurse Specialists:** 01935 384 394

**If you would like this leaflet in another format or in a different language, please ask a member of staff.**

