



Blackrock Clinic

PATIENT  
INFORMATION

PATIENT INFORMATION

*Prostate*  
*TRUS Biopsy*

Welcome to Blackrock Clinic

# “Clinical Excellence, Personal Care”

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## Introduction

### *Having your prostate biopsy What you should know.*

This booklet will tell you about having your prostate biopsy. Your doctor or nurse will be happy to answer any of your questions. Your treatment will be based on what is best for you. This may not be the same as what is explained in this booklet.

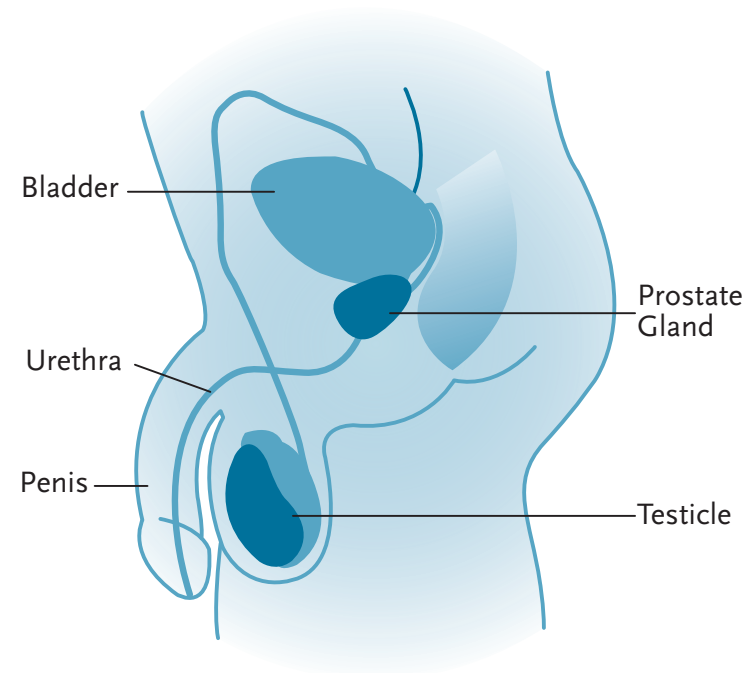


FIG 1 : THE PROSTATE GLAND

## What is a TRUS prostate biopsy?

A prostate biopsy is trans-rectal ultrasound of the prostate gland. The prostate gland is in front of the back passage (rectum). This is why your doctor does a rectal examination. During your TRUS prostate biopsy an ultrasound probe is inserted into the back passage. This allows the prostate to be seen on a monitor to guide the biopsies. The biopsies are taken through the back passage.

During your prostate biopsy small samples of tissue are taken from your prostate gland and sent to be examined under a microscope by a specialist doctor.

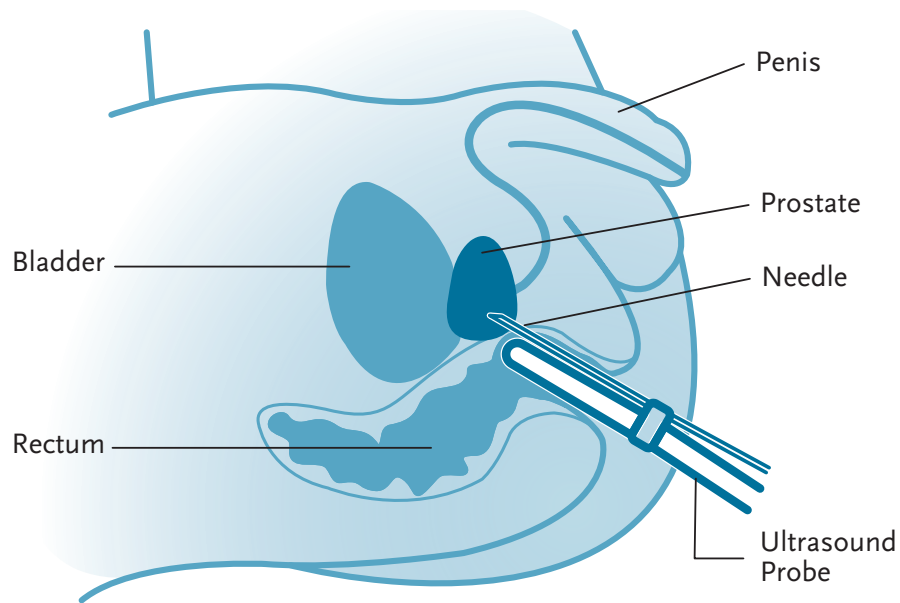


FIG 2 : TRUS PROSTATE BIOPSY

## What do I need to do before my prostate biopsy?

Before you have a prostate biopsy, you should let your doctor or nurse know if you:

- Are taking any medications, particularly anticoagulants including:
  - Aspirin,
  - Warfarin,
  - Clopidogrel (Plavix)
  - Dipyridamole
- If you are taking anti-coagulant medications please let the clinic know two weeks before the biopsy. We will give you advice if you are taking anti-coagulants.
- Have had a previous prostate biopsy or hospital admission.
- Have taken Antibiotics in the last 6 months.
- Have allergies to any medications, including anaesthetic.
- Have ever had a history of bleeding problems.
- Have an artificial heart valve.
- You should continue to take all of your medication as normal, unless you have been told not to do so by the doctor or nurse organising your prostate biopsy.

## *What will happen on the day of my prostate biopsy?*

The prostate biopsy is usually carried out as a day case, which means you will be able to come in to hospital, have the prostate biopsy and go home on the same day.

You will be asked to provide a urine sample when you first arrive. This will check if you have a urine infection. If there is evidence of a urine infection, your procedure may be cancelled and rescheduled for a week or two later. In preparation you will also be given an enema and have a blood test.

About one hour before the prostate biopsy you will be given antibiotics (tablets) to prevent infection.

You will then be brought to the prostate biopsy room. You will be asked to lie on your left side with your legs tucked up against your chest. If you find this position uncomfortable, let the doctor or nurse know.

You will be given local anaesthetic (to numb the area) before your prostate biopsy. If you feel you would like sedation for your procedure please talk with your doctor or nurse.

The ultrasound probe is covered in gel to make it easier to insert into your back passage. A very fine needle is then passed through the probe. Using the ultrasound guidance, the anaesthetic liquid is injected into your prostate. The prostate biopsy is taken with a device that contains a spring loaded needle. You will hear a clicking sound as each sample is taken. You may feel a slight pinch. 12 prostate biopsy samples are usually collected. Your prostate biopsy takes 10-15 minutes. You will be kept fully informed throughout the prostate biopsy, which you can stop at any time.

## *What happens after the prostate biopsy?*

You can leave the hospital once you have passed urine and your doctor or nurse tells you to go home. If you have had sedation you will have to stay for a longer time, until the doctor feels it is safe to let you go home.

Before you leave the hospital you will be given another dose of antibiotics to take 12 hours after the prostate biopsy.

## *How will I feel when I go home?*

You may have mild discomfort in the prostate biopsy area for one or two days after the prostate biopsy.

### **YOU SHOULD:**

- Avoid alcohol for 24 hours.
- Drink plenty of non-alcoholic fluids while you have blood in your urine.

## *What might I notice after my Prostate Biopsy?*

- A small amount of blood from the rectum and in the urine is common for 24–48 hours, sometimes up to 3 weeks. This is regarded as normal. If it becomes heavy or continues after three weeks please go to your GP.
- Your semen may be discoloured (pink or brown) for up to six weeks after the prostate biopsy. This is all normal and nothing to worry about, but you may want to wear a condom if you have sex within this time.
- Rarely, heavy bleeding may occur at the time of prostate biopsy, if this happens you will be admitted to hospital until the bleeding stops.
- Infection, while unusual, is the most common problem, usually occurring one to two days later.
- Infection is usually treated with antibiotics at home. Sometimes the infection can be severe enough to require hospital treatment with intravenous antibiotics. In exceptional cases, infection can be very serious. This is true of any infection, however caused, but there are rare reports of people having died as a result of infection thought to be due to the prostate biopsy.

## *Your results*

Your results should be available in two weeks and are posted to the referring clinician.

## EMERGENCY INFORMATION

**Please contact the hospital if you experience any of the following:**

- Develop flu like symptoms, shivery, shaky or generally unwell
- Constantly feeling sick or vomiting
- Your pain increases
- You have a temperature of 38 degrees or more
- You do not pass urine for eight hours
- You start to pass large clots of blood
- You have constant bleeding

## Useful Contacts

- Blackrock Clinic 1800 283 999
- Beaumont Hospital, Dublin 9 (01) 809 3485
- Cork University Hospital (021) 492 2113
- Galway University Hospital (091) 542 053
- Mid Western Regional Hospital, Limerick (061) 585 637
- Mater University Hospital (01) 803 2644 / 2295
- St. James's Hospital (01) 416 2850
- St. Vincent's University Hospital (01) 221 3055
- Waterford Regional Hospital (051) 842 044

If you present to your GP or hospital please ask that a mid-stream urine sample is sent to laboratory for testing (culture and sensitivity).

*Peace of mind is an important  
component of healing*



Blackrock Clinic

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