

# Transrectal Ultrasound Guided Prostate Biopsies

Urology

## Introduction

A prostate biopsy is performed when a PSA (Prostate Specific Antigen) blood test is raised above normal and/or when the prostate gland feels abnormal. You have been advised to have this test to find out whether there are any cancer cells in the prostate gland.

## What is a Transrectal Ultrasound Scan and Biopsy?

This is a type of needle biopsy to look for cancer cells in the prostate. A series of small tissue samples are taken from the prostate to be examined under a microscope. You have the biopsy through your back passage (rectum) using a transrectal ultrasound scanner. This does not involve an X-ray. You are awake during this procedure and some anaesthetic is given to numb the area and minimise any discomfort.

## Consent

The prostate biopsy test will be explained to you and you will be asked to sign a consent form. We must seek your consent for any procedure or treatment beforehand. Your doctor will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed please do not hesitate to ask for more information.

## What are the benefits of having a Transrectal Ultrasound and Biopsy?

The biopsy results will show whether you have a cancer within the prostate gland. It will provide information about the amount and aggressiveness of any cancer found. This information is used to help your consultant decide, with you, what treatment options may be most suitable.

## Are there any risks or long-term effects involved in having this test?

Yes, there are possible risks to most tests.

You may experience the following problems:

- **Infection** – A small percentage (2%) of men may develop an infection resulting from bacteria being transmitted from the rectum into the prostate gland. Rarely, a severe infection passing into the blood stream can develop. If you experience a high temperature and flu like symptoms within a week of the biopsy, you must report this immediately to your General Practitioner (GP) as you may need a further course of antibiotics. If your GP is unable to see you then you will need to attend the accident and emergency department

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

- **Bleeding** – this is very common and should not cause concern if you feel well. The blood may be red or brown and may be seen in your urine, semen or when you open your bowels. This may continue for up to six weeks
- **Pain** – most men have no serious pain after the procedure. If you do experience a little discomfort, take a simple painkiller such as paracetamol. If the discomfort continues, contact your GP
- **Difficulty passing urine** – A small percentage (<2%) of men experience problems passing urine after the biopsy. If you experience any problems contact your GP.

Occasionally you may need to have a further biopsy if the results are not conclusive and your MRI scan strongly suggests some abnormality in the prostate.

## Are there any alternatives to having a Trans Rectal Ultrasound and Biopsy?

This is the standard test performed to see whether there is a cancer in the prostate gland, but some men may require more biopsies to be taken than in the standard test and therefore will need this test to be carried out under a general anaesthetic.

In most cases a Magnetic Resonance Imaging (MRI) scan of your prostate is performed before your biopsy. MRI is a type of scan that uses strong magnetic fields and radio waves to produce detailed images of the inside of the body.

An MRI scanner is a large tube that contains powerful magnets. You lie inside the tube during the scan. This is to help guide where the biopsies are taken from.

If the MRI scan has not identified any obvious abnormality within your prostate, it is very unlikely like you would have a significant prostate cancer. You may therefore be offered the option of not having a biopsy at this time. This will be discussed with you, taking into account your individual case and circumstances.

If the MRI scan has shown a suspicious lesion that may be difficult to biopsy through the standard Transrectal Ultrasound and Biopsy procedure, you may be offered a Template Biopsy. A Template Biopsy is a way of taking biopsies via the perineum (the area between the scrotum and anus). This can allow for a higher number of biopsies to be taken with greater accuracy. This can be performed under a local or general anaesthetic.

## What would happen if I decided not to have this test?

If you decide that you do not wish to have a biopsy performed, your consultant will discuss the implications of not having the test with you.

## What happens when I have this test?

This test is usually performed under a local anaesthetic in the out-patient's department. You may eat and drink normally before and after your appointment. It is advisable to bring someone to accompany you home.

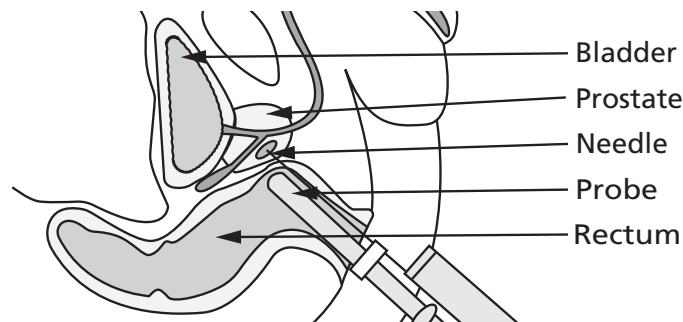
You will be asked on the day of biopsy to have swabbing of your nose, armpit and groin to ensure that you are not carrying MRSA. MRSA is a type of bacteria that can be resistant to several types of widely used antibiotics. Many people carry MRSA on their skin. This is usually harmless, but it can cause problems if the bacteria gets into the skin or infects someone in poor health. By carrying out a simple test to see if you carry MRSA on your skin, a simple treatment can be given to get rid of as much of the bacteria as possible.

You can take your usual medications on the day of your biopsy unless you are taking any medications to thin the blood other than aspirin. You will be told when to stop this medication by your doctor or nurse. If you have stopped taking warfarin, then you will require a 'finger prick' INR blood test when you arrive in the department on the day of your biopsy. This is a blood test that checks how long it takes for blood to clot. We will need the results of this test before we proceed with the biopsy on the day.

You will be given antibiotics to take orally (by swallowing) at least 30 minutes before the biopsy is due to begin. A further injection of antibiotics will also be given immediately before the test. After the biopsy you will then be provided with a further 3 days of antibiotics to take at home. This helps to reduce the risk of infection.

You will be asked to remove your trousers and underpants and lie on your left side for the biopsy. The doctor or nurse will examine the prostate and a small ultrasound probe will be passed into the rectum to view the prostate and guide the biopsy needle.

A local anaesthetic will be given and then a number of biopsies will be taken, usually 12 or more. The procedure takes approximately 15 minutes.



A spring-loaded device operates the biopsy needle, and you will hear a clicking sound during the procedure.

There may be some pressure or discomfort during the biopsy but most men tolerate the procedure very well.

## What happens after the biopsy?

You will be able to get dressed and you will be asked to stay in the department for about half an hour following the biopsy. You are able to drive home after the procedure; however, it is advisable for someone to accompany you home. You will be given some antibiotics tablets to take home with you. It is very important that you complete the course of antibiotics as these antibiotics help to prevent infection. You will need to drink twice as much fluid as you normally would for the first 48 hours after the biopsy. You will be given a contact number to ring if you have any concerns or problems.

## When do I know the biopsy results?

The processing and reporting on the biopsy specimen takes about two weeks.

## What do the test results mean?

The reason for performing this test is to find out whether you have prostate cancer or not. If the test is **positive**, cancer cells have been seen and there can be no doubt about the results. If the test is **negative**, it is unlikely that you have prostate cancer, but we cannot be completely certain that the needle sampled the right area and we have not missed a small cancer. Your consultant will inform you if you need to have a repeat biopsy or an alternative biopsy procedure.

## What if I do have Prostate Cancer?

Through the increased use of this test, prostate cancer is being diagnosed earlier than before and this offers an opportunity to treat the disease at a much earlier stage. However, the choice of treatment depends on many factors which will be discussed with your consultant. You may have many concerns and it may help if you make a list of these to discuss with your consultant.

Alternatively, you can contact the **Advanced Nurse Practitioners on telephone number 01902 694467** (answer phone out of hours), who will be able to answer your questions. The number may divert to answer phone where you can leave your name and a brief message. Nurse practitioner's hours of work are Monday – Friday, 8.00am – 5.00pm.

## Useful Contacts

### **The Wolverhampton Prostate Cancer Support Group**

**(c/o New Cross Hospital)**

01902 694467

[www.wolverhamptonprostatecancersupportgroup.org.uk](http://www.wolverhamptonprostatecancersupportgroup.org.uk)

### **The Prostate Cancer Charity**

020 3310 7000

0800 074 8383

Email: [info@prostate-cancer.org.uk](mailto:info@prostate-cancer.org.uk)

[www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)

### **Prostate Cancer Support Association**

0800 035 5302

[www.prostatecancersupport.co.uk](http://www.prostatecancersupport.co.uk)

### **Cancer Research UK**

0300 123 1022

0808 800 4040

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

### **Macmillan Cancer Support**

0808 808 0000

[www.macmillan.org.uk](http://www.macmillan.org.uk)

### **The Sexual Advice Association**

020 7486 7262

Email: [sexualadviceassociation.co.uk](http://sexualadviceassociation.co.uk)

[www.sda.uk.net](http://www.sda.uk.net)

### **Macmillan Support and Information Centre**

01902 695234

[www.cancercarewolverhampton.nhs.uk](http://www.cancercarewolverhampton.nhs.uk)

### **Brothers reaching Out To/For Support**

Email - [brosetnetwork148@gmail.com](mailto:brosetnetwork148@gmail.com)

(Prostate support group aimed at black men and ethnic minorities)

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。