

Department of Urology

Trans-Rectal Prostate Biopsy

Your Prostate Gland

Your prostate gland is a small walnut sized gland that lies just below your bladder and wraps around the urethra (or water pipe). It produces most of the fluid that makes up your semen. The prostate gland produces a chemical called Prostate Specific Antigen (PSA) which is released into the blood stream and can be measured by means of a blood test. Your prostate gland tends to grow bigger as you get older and may cause the following symptoms:

- difficulty passing urine
- passing urine more frequently than usual, especially at night
- feeling you haven't emptied your bladder completely
- needing to rush to the toilet

If your PSA is higher than normal for a man of your age or has increased significantly over time, or your prostate gland feels abnormal when it is examined, your Urology doctor may recommend that you have a biopsy of your prostate gland. This is done because your doctor is suspicious that you may have cancer of the prostate gland.

About Prostate Biopsy

A prostate biopsy involves taking small samples of tissue from the prostate gland to examine under the microscope to see if there are any cancer cells present. Prostate biopsies are usually performed using ultrasound to create a picture of the prostate gland. This allows the doctor to identify any abnormal areas in the prostate gland so that they



Patient Information

can be sampled. A biopsy carried out using ultrasound is called Trans-Rectal UltraSound (TRUS) Biopsy. TRUS Biopsy is usually carried out in the Day Surgery Unit.

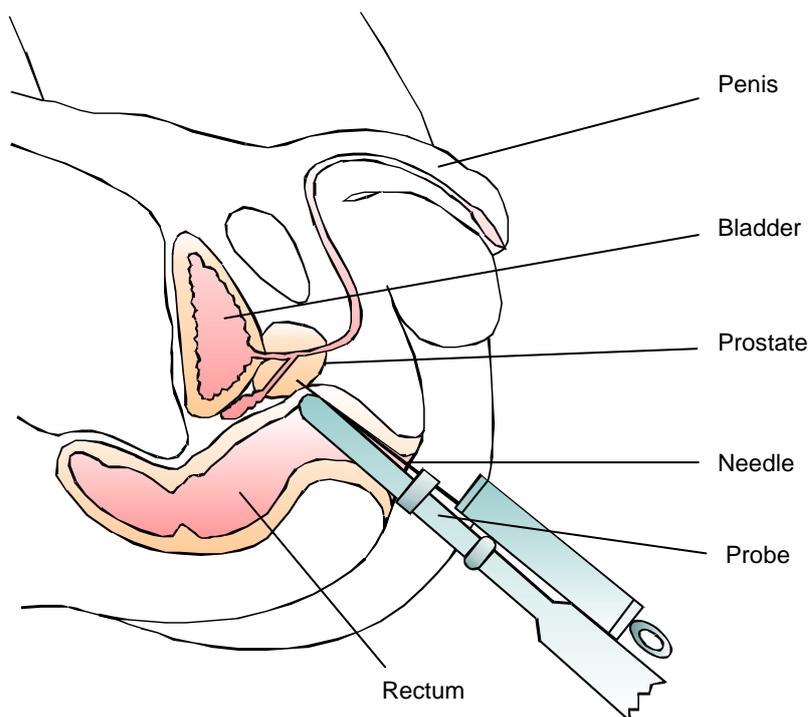
Biopsy of the prostate gland may also be carried out with the doctor using his finger to guide the biopsy needle. Finger guided biopsy is usually carried out in the Surgical Day Unit. Your Urology doctor will explain to you which type of biopsy you are to have.

How is TRUS Biopsy of prostate carried out?

An ultrasound probe is passed into the rectum (back passage) in a similar way to having a finger examination of the prostate gland. You will be asked to lie on your left side with your legs curled up towards your chest. The doctor will insert the ultrasound probe into your rectum and use it to create an image of your prostate gland on the video screen. He will inject some local anaesthetic around the prostate gland. A biopsy needle is then passed into your rectum via the ultra sound probe and is used to take small samples of prostate tissue.

TRUS biopsy of prostate can be uncomfortable but it is quick.

Trans-Rectal ultrasound guided biopsy of the prostate



Patient Information

What side effects may occur?

It is not unusual to have some bleeding after a prostate biopsy. You may notice blood in your urine, in your semen or in your bowel motions. The bleeding may continue for several weeks but is not usually serious and stops by itself. Rarely, severe bleeding may occur, but if this happens it will be immediately after the biopsy and will be treated while you are in the hospital.

Because a prostate biopsy is taken through the back passage there is a risk that you may develop an infection. To reduce this risk antibiotics are given before and after the procedure. However, if you develop a fever, chills or feel very unwell after your biopsy, you should contact your family doctor or attend the Accident and Emergency Department immediately. You may need a further course of antibiotics, or, very rarely, require hospital admission.

A prostate biopsy may cause inflammation of the prostate gland, leading to difficulty passing urine. If this occurs, contact your family doctor for further advice. Very occasionally it may be necessary to drain the urine from the bladder by means of a fine tube called a catheter which is passed into the bladder via the penis.

Preparing for a Prostate Biopsy

No special preparation is required for a prostate biopsy.

- You will be given antibiotics when you arrive in the Day Surgery Unit (DSU). If you are allergic to any antibiotics, tell the staff who are looking after you before you take your antibiotics.
- If you take tablets to prevent blood clotting (usually Warfarin) and have not been given special instructions by your Consultant, you should contact the Day Surgery Unit DSU for further advice.
- After your biopsy you should not have sex for one week.
- You should avoid strenuous physical activity for two weeks.
- Drinking extra fluids after the biopsy will help to clear any bleeding and encourage a good urine flow.

Patient Information

Getting the results of your Prostate Biopsy

You will be informed of your biopsy results either by letter or at a further outpatient appointment. If your biopsy does not show any cancer cells, your Urology doctor may still be suspicious of cancer. In this case he will explain to you how you should be followed up. This will probably involve repeating the PSA blood test and may involve a further biopsy at a later date.

If the prostate biopsy does show cancer cells in your prostate gland, your Urology doctor will explain to you what further investigations may be needed and how the cancer can be treated.

Further help and advice

If you have further questions or concerns about having a prostate biopsy, you can contact the Urology Clinical Nurse Specialists at Walsgrave Hospital on one of the following numbers:

Mandi Muzondo: 024 7696 5149

Cancer Information Centre

Main Entrance, University Hospital, Clifford Bridge Road, Coventry
024 7696 6052

www.macmillan.org.uk

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5149 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

Department:	Urology
Contact:	25149
Updated:	January 2022
Review:	January 2025
Version:	8
Reference:	HIC/LFT/206/06