

TRANSRECTAL PROSTATIC ULTRASOUND AND BIOPSY

You have been scheduled for a transrectal prostatic ultrasound and biopsy.

Description

In this procedure, an ultrasound device uses harmless, high-frequency sound waves to make images of the prostate. These pictures guide the doctor when placing a needle into the prostate to take biopsies. This is the removal of small amounts of tissue to examine them for disease or infection.

Preparation

To prepare for a prostate biopsy:

- ◆ Be sure to tell your doctor if you are taking any aspirin or blood thinners as they will need to be stopped 7 days prior to your exam.
- ◆ You will be asked to give yourself an enema 2 ½ to 3 hours prior to your exam. You should follow the instructions carefully in preparing the enema.
- ◆ You will be taking an antibiotic starting the day before your procedure and to continue post procedure until all medication is taken.
- ◆ You can eat whatever you like-no diet restrictions for this test.

What to Expect During the Procedure

The procedure is done in the office. The patient receives numbing medication directly into the prostate to help with any discomfort. Initially, a complete rectal exam is done with the doctor's finger. Next, an ultrasound probe is placed into the rectum. With slight movement of the probe, many different views are obtained so that biopsies can be taken. A slender, spring-loaded needle is placed through the probe and directed into the prostate to take biopsies. When a core is taken, there is a slight popping noise made from the instrument. Twelve (12) biopsies are taken. The entire exam takes no longer than 20-30 minutes, and the biopsies are usually not painful.

Possible Risks

- ◆ After the procedure, you may have some soreness around the rectum for a brief time.
- ◆ You may notice blood in the urine and stool for few days and notice blood in the semen for even longer. You may even notice spotting from the rectum for awhile in your underwear.
- ◆ A urinary or prostatic infection can occur even with antibiotics.

Follow-up

- ◆ You should call your doctor if you develop fever, chills, severe pain, or have continuous or significant bleeding.
- ◆ Your follow-up appointment will be scheduled for approximately 2 weeks post procedure as the pathology needs to be returned with a diagnosis from the laboratory.