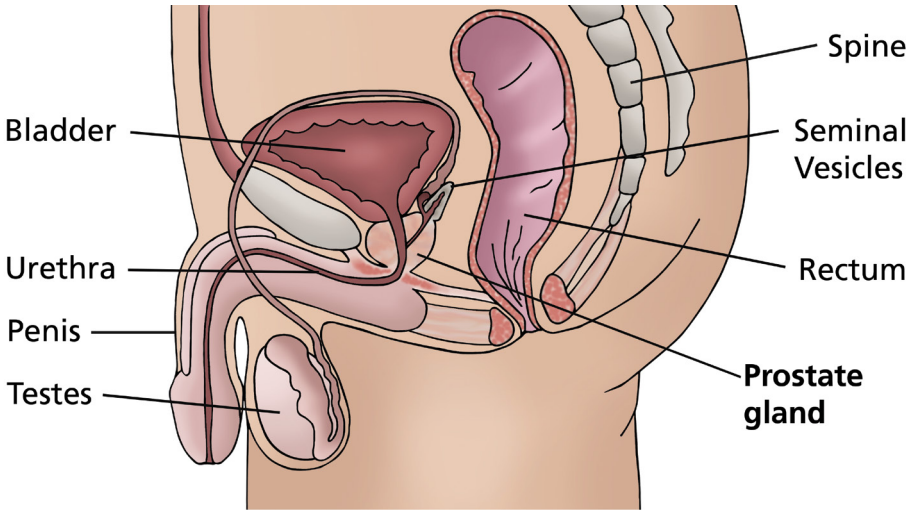


Transperineal ultrasound-guided biopsy of the prostate gland

Information for patients



The prostate is a gland situated at the base of the urinary bladder. The prostate is usually the size of a walnut but can vary in size between individuals. It produces some of the fluid that carries sperm.



Why do I need a prostate biopsy?

Your doctor has referred you for a biopsy of the prostate to see if there are any cancer cells present within the gland. This is either because one of your blood tests (PSA) may be elevated, your prostate may have felt abnormal when your doctor carried out a rectal (back passage) examination or you have had an MRI scan which has highlighted a potentially abnormal area within the prostate gland

It is important to note a raised PSA blood test or an abnormal feeling prostate does not mean you have prostate cancer. The PSA can be raised if you have had a urine infection or if your prostate is enlarged, and the prostate may also feel abnormal if it is enlarged.

Additionally, not all prostate cancers need to be treated. Some small tumours can simply be monitored with regular blood tests, contact with the prostate specialist team at the hospital and possibly further MRI scans and biopsies in the future.

What happens before the biopsy?

You may eat and drink on the day of the biopsy. It is advisable to bring a relative or friend with you on the day of procedure as it is usually not sensible to drive yourself home. Please bring a list of all your medications along with you.

You should have been advised to stop any blood thinning medications such as:

- warfarin
- clopidogrel
- dipyridamole
- aspirin
- rivaroxaban or
- dabigatran.

The length of time these medications need to be stopped for is variable so please ask your doctor if the advice is unclear.

Please also let us know if you have any allergies to medications.

What happens during the biopsy?

On arrival you will book yourself in at reception. You will then see the practitioner performing the biopsy who will explain the procedure and the possible after effects, and ask you to sign a consent form if you are happy to proceed. The procedure will be performed either by a radiology doctor or a sonographer who has been specially trained in performing prostate biopsies.

You will be asked to take tablet antibiotics and then wait in the reception area.

You will then be asked to come to the intervention room.

You will then sit on a specially adapted chair with your feet in stirrups. The operator will then place a lubricated ultrasound probe into your back passage which will be used to produce images of your prostate. Before we take any biopsies, we inject local anaesthetic in the skin overlying the prostate and also around your prostate to reduce any discomfort. Guided by ultrasound, biopsies are taken from your prostate through your perineum (the skin between your scrotum and rectum).

Depending on individual circumstances, usually up to 20 biopsies may be taken. We will use a special spring-loaded needle device which makes an audible 'click' each time it is activated to take biopsies. At the end of the procedure, your prostate may feel bruised. The procedure takes around 30 minutes to perform.

Are there any side-effects?

There are some minor short term side-effects detailed below:

- You may notice blood in urine which may last several days.
- There may be blood in your semen (ejaculate) which can last up to six weeks.
- You may notice a temporary problem with maintaining an erection caused by bruising from the biopsies.

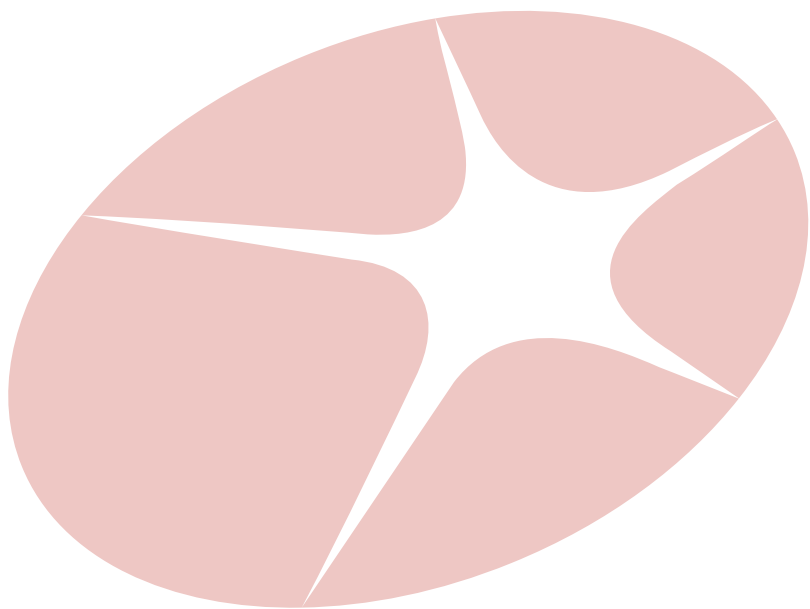
There are some less common but potentially more serious complications of the procedure:

- You may experience bleeding which makes you unable to pass urine. If this is the case, you may need a catheter inserting into the bladder until the swelling from the biopsy procedure settles down. This usually takes days rather than weeks. The risk of infection with this procedure is very low (less than 1%).

What happens after the biopsy?

You will be advised to stay in the department for 30 minutes after the procedure, and asked to pass urine before you leave. We advise you to drink plenty of fluid at home, and try to avoid caffeine and alcohol as these may irritate the prostate. It can take up to two weeks for the results of the biopsy to come through. Your urology doctor or one of the specialist urology nurses will be in touch with your results either by phone, letter or appointment.

If you are concerned about any of your symptoms please contact your GP, telephone the department on **0113 206 8964** to speak to the ultrasound nursing staff or leave a message with the admin office for the nursing staff to contact you on **0113 206 6140**.





What did you think of your care?

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