

## Information

### Where is the prostate gland?

The prostate is a walnut-size gland, situated below the bladder. It completely surrounds the urethra. Its main function is to continuously produce a thin, fluid.

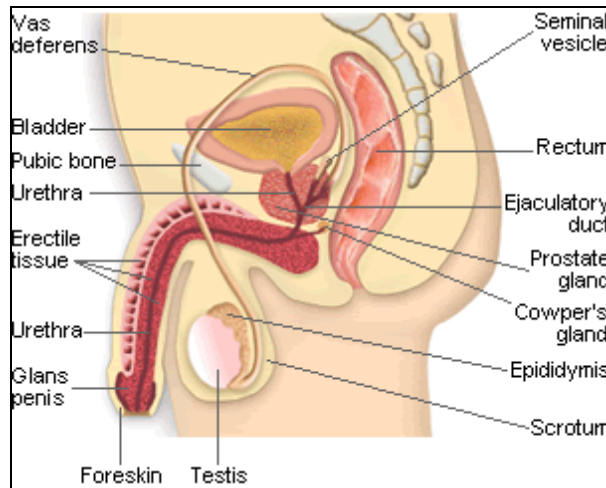


Figure 1 Male Anatomy

### Why am I having this test?

Ultrasound and biopsy are performed if there is a lump in the prostate or if the level of Prostate Specific Antigen (PSA) is high from your blood test. The biopsy will determine if the findings are significant and therefore if any treatment is needed.

### How do I prepare for this test?

- ❖ Fasting 6 hours prior to procedure
- ❖ Cease Aspirin/warfarin 7 days prior
- ❖ You will be given a script for six (6) antibiotic tablets, **these need to be taken one hour prior to eating. Start these the day before** the procedure, taking one antibiotic in the morning and one in the evening.
- ❖ Your bowel needs to be emptied prior to the procedure.
- ❖ You will need to use the suppository 2 hours prior to the procedure (even if you have opened your bowels naturally).
- ❖ Using gel insert the suppository up to the 2<sup>nd</sup> joint of your index finger into the rectum (back passage). You should hold the suppository in your bowel for a minimum of 15 minutes and then empty your bowel.
- ❖ As you are having a general anaesthetic you will need to organise someone to drive you home.

### You should inform your doctor if:

- ❖ You have an artificial heart valve as you will require stronger antibiotics
- ❖ You are taking blood thinning medication (such as Warfarin, Aspirin, Iscover or Plavix). These should be ceased one week prior to the biopsy.
- ❖ If you have urine, bladder or prostate infections as the biopsy will need to be postponed until infection is cleared.

### What happens during the test?

The procedure involves placing an ultrasound probe into the rectum (back passage) and taking detailed images of the prostate gland and surrounding structures. When the biopsy is performed a needle is inserted into the prostate gland and tissue samples are taken from the gland.

### Are there any Complications?

As with any medical procedure complications may occur

Complications with this procedure are uncommon, but the two most common are:

- ❖ **Excessive bleeding**  
If your urine becomes quite red, or the bleeding from your back passage is heavy, phone your doctor
- ❖ **Infection**  
Minimal risk (1%).Antibiotic should cover this possibility, but if you develop fever, shivers, shakes, phone your doctor

	Morning	Evening
<b>Day before procedure</b>	Take Antibiotic	Take Antibiotic
<b>Day of procedure</b>	Fasting 6 hours prior Take Antibiotic Empty bowels	Take Antibiotic
<b>Day after procedure</b>	Take Antibiotic	Take Antibiotic

## How much will the procedure cost?

Fees will be quoted when the procedure is booked. There will be an out-of-pocket co-payment. Bulk-billing does not apply. Rates are reduced for pensioners.

## What to expect when you get home:

For 2-3 days you may experience:

- ❖ Some bleeding and blood clots in the bowel
- ❖ Some bleeding and blood clots in the urine (Urine maybe quite pink)
- ❖ You may get some old, brown blood in the semen for the next 3-4 weeks

## What to do when you get home:

For 2 days you should:

- ❖ Rest
- ❖ Drink 1.5-2 litres of fluid to flush out blood
- ❖ Take antibiotics until course finished
- ❖ NO LIFTING as bleeding may start again

## When do I get the results?

When a biopsy is performed the tissue samples are sent to pathology for analysis. It may take several days to get the results. An appointment will be made for you to see your specialist to discuss the ultrasound and biopsy results.

*If you have any questions please do not hesitate to ask your doctor or urology nurse.*

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Written by: Rosemary Neville

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## Your Appointment:

\* Date \_\_\_\_\_

\* Time \_\_\_\_\_

\* Commence Antibiotics \_\_\_\_\_

**DO NOT TAKE ASPIRIN/WARFARIN/PERSANTIN  
ONE WEEK PRIOR TO PROCEDURE**

## Morning of Appointment:

- ❖ Fasting for at least 6 hours prior to procedure
- ❖ Take antibiotic
- ❖ Take usual medication (except aspirin/warfarin)
- ❖ Use Durolax suppository

*Patient Information Leaflet*

## TRANSRECTAL ULTRASOUND AND PROSTATE BIOPSY (General Anaesthetic)



**Southern Urology**

7 Chester Street  
East Bentleigh 3165  
Amanda Jenkins Urology Nurse  
9563 7899



**Southern Urology**

Mr. Scott Donnellan-Urology Surgeon 9563 7899  
Mr. John Kourambas-Urology Surgeon 9563 7899  
A/Prof Sree Appu-Urology Surgeon 9563 7899  
Mr. David Pan -Urology Surgeon 9563 7899