

# Having your Prostate TRUS Biopsy:

What you should know



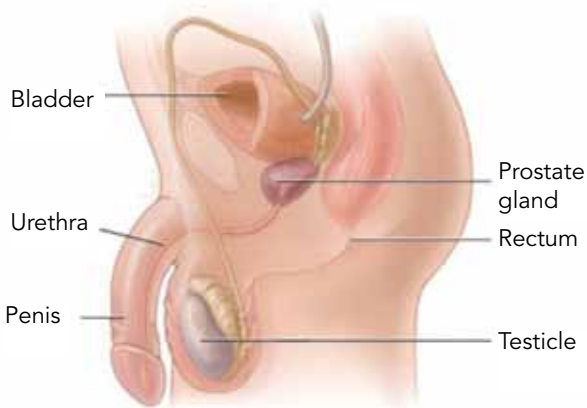
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# What should I know about having a prostate biopsy?

This booklet will tell you what to expect when you have your prostate biopsy. Your doctor or nurse will be happy to answer any of your questions. Your treatment will be based on what is best for you. This may not be the same as what is explained in this booklet.

The diagram below shows you where your prostate lies in relation to your bladder and penis.

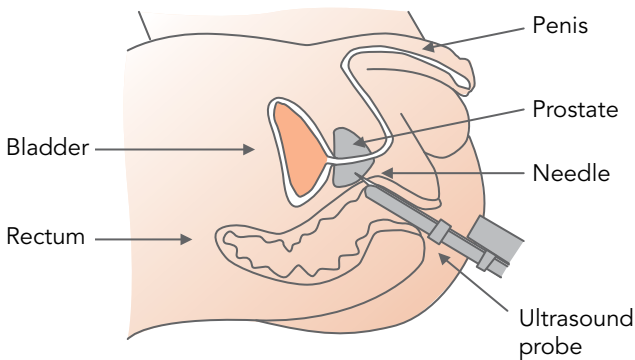


## What is a prostate TRUS biopsy?

A prostate biopsy is trans-rectal ultrasound (TRUS) biopsy of the prostate gland. The prostate gland is in front of the back passage (rectum). This is why your doctor does a rectal examination. During your TRUS prostate biopsy the doctor will insert an ultrasound probe into your back passage. The probe is connected to a computer so the doctor can see your prostate on a monitor.

During your prostate biopsy your doctor will take small samples of tissue from your prostate gland. These samples are then sent to a laboratory to be examined under a microscope by a specialist doctor.

The diagram below shows a man lying on his back. You can see how the probe is placed into the back passage so that a needle can reach the prostate to take the samples.



## What should I do before my prostate biopsy?

Tell your doctor or nurse if you:

- are taking any medications, particularly blood thinners such as:
  - aspirin,
  - warfarin,
  - clopidogrel (Plavix),
  - ticagrelor;
- have had a prostate biopsy before;
- have been in hospital before for any other condition;
- have taken antibiotics in the last 6 months;
- have allergies to any medications, including anaesthetic;
- have ever had any bleeding problems;
- have an artificial heart valve.

Continue to take all of your medication as normal unless your doctor or nurse has told you not to do so.

- If you are taking medicine to thin your blood, please tell your prostate nurse two weeks before the biopsy. Your nurse will advise you what to do.
- You should come to the hospital with a relative or friend so that they can bring you home after your prostate biopsy.
- Please bring any medicines you are taking with you.
- Please do not bring any valuables with you.
- You may have a meal before you come for your prostate biopsy.
- It is important to arrive at the hospital at the time you were given.

## What happens on the day of my prostate biopsy?

The prostate biopsy is usually carried out as a day case, which means you will be able to come in to hospital, have the prostate biopsy and go home on the same day.

When you arrive you will be asked to give a urine sample. This is to check if you have a urine infection. If you do, your biopsy may be postponed for two weeks.

About one hour before your prostate biopsy you will be given an antibiotic. This is to prevent an infection developing after your biopsy.

You will then be brought to the prostate biopsy room. The nurse will ask you to lie on your left side with your legs tucked up against your chest. If you find this position uncomfortable, let the doctor or nurse know. The doctor will then give you a local anaesthetic to numb the area.



The ultrasound probe is in a sheath and covered in gel to make it easier to insert into your back passage. The doctor will insert a very fine needle through the probe and inject some anaesthetic liquid into your prostate. The prostate biopsy is taken with a device that contains a spring-loaded needle. The doctor will usually take 12 samples.

You will hear a clicking sound as each sample is taken. You may feel some discomfort during your biopsy.

Your prostate biopsy will take about 15-20 minutes. The doctor or nurse will tell you what is happening at each stage. You can ask the doctor to stop at any time.

## What happens at the hospital after my prostate biopsy?

- You will be given time to rest.
- You can leave the hospital once you have passed urine and your doctor or nurse tells you that you can go home.
- Before you leave the hospital you will be given another antibiotic tablet to take 12 hours after the prostate biopsy. It is very important that you take this antibiotic.
- You will be given the nurse's contact number in case you have any questions or concerns after you go home.

## What should I do after my biopsy?

- Drink two litres of water each day for the two days after your prostate biopsy.
- Do not do any vigorous exercise for two days.
- Do not drink alcohol for 24 hours.

## What might I notice after my prostate biopsy?

- You may have mild discomfort in the prostate biopsy area for one or two days. This is normal and nothing to worry about.
- You may have a small amount of bleeding from your back passage and some blood in your urine for a day or two. Sometimes, this can last up to 3 weeks. This is normal. However, if the bleeding becomes heavy or continues after three weeks, please go to your GP.

- You can have sex after your prostate biopsy. Your semen may be an unusual colour (pink or brown) for up to six weeks after your biopsy. This is normal and nothing to worry about.
- In rare cases, patients may have heavy bleeding from the back passage at the time of the prostate biopsy. If this happens to you, you may be admitted to hospital until the bleeding stops.
- Some patients may develop an infection within one to two days of their prostate biopsy or up to two weeks later. If you get any of the symptoms listed on page 13, please contact the nurse at the hospital.

## What should I do if I feel unwell?

During office hours (Monday–Friday), contact the nurse or the urology team at the hospital if you experience any of the following:

- Flu-like symptoms, such as feeling shivery, shaky or generally unwell
- Constantly feeling sick or vomiting
- Pain that gets worse
- A temperature of 38 degrees Celsius or more
- You do not pass urine for eight hours
- You start to pass large clots of blood

If you cannot contact the nurse or the urology team, please contact your GP (family doctor). Ask your GP to send a urine sample to the laboratory for a culture and sensitivity test under the name of your Consultant Urologist.

If you cannot contact your GP, please go to the hospital Emergency Department (A&E). Ask the doctor there to send a urine sample to the laboratory for a culture and sensitivity test under the name of your Consultant Urologist.

## When will I get the results?

You will get an appointment for the follow-up clinic before you go home or else it will be posted out to you. You can bring a family member or friend with you when you are getting your results. You will get your results at this appointment.

## Useful contacts

**Your doctor or nurse can help you fill this in.**

Consultant Urologist:

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Phone:

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Nurse:

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Phone:

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Location:

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- Beaumont Hospital, Dublin  
(01) 852 8377
- Cork University Hospital  
(021) 492 2113
- Galway University Hospital  
(091) 542 053
- University Hospital, Limerick  
(061) 482 727
- Mater University Hospital, Dublin  
(01) 830 1122 / 01 803 2000
- St. James's Hospital, Dublin  
(01) 416 2850
- St. Vincent's University Hospital, Dublin  
(01) 221 3054
- Waterford Regional Hospital  
(051) 842 189







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