



## Urology Department

# Transrectal Ultrasound Scan and Biopsies

This information leaflet will help to answer questions about having a *transrectal ultrasound scan and biopsy* of the prostate. If you have any other questions or concerns, please speak to the doctor or nurse when you arrive for your procedure.

### Why do I need to have this examination?

You may have had a Prostate Specific Antigen (PSA) blood test with higher than normal results. PSA is a protein produced by the prostate, and high PSA levels are used to try to detect early prostate cancer. However, a raised PSA level does not necessarily mean someone has cancer. It can be high due to other causes, such as an enlarged prostate (which is a normal part of aging), a urine infection, or a prostate infection.

You may have also had an examination of your prostate via your rectum (back passage). If your prostate felt abnormal, it can sometimes be from prostate cancer, but it could also be from harmless conditions such as infections or stones in the prostate.

### Before your scan

Due to the way the biopsies (samples of prostate tissue) are collected, you will require antibiotics for your procedure. If you are allergic to any antibiotics, please telephone the Urology Department on 01305 255145/ 255695 for advice as soon as possible.

You will be prescribed a 3-day course of *Ciprofloxacin* to try and reduce the risk of infection. Please start the course of antibiotics on the day of your appointment by taking one tablet 2 hours before the appointment time. You must then continue taking the antibiotics over the next 3 days by taking one tablet twice a day as shown below. **It is very important that you take all of the antibiotics.**

#### Day 1 (scan appointment)

- 1 tablet (500mg) 2 hours before appointment
- 1 tablet (500mg) in the evening

#### Day 2

- 1 tablet (500mg) in the morning
- 1 tablet (500mg) in the evening

#### Day 3

- 1 tablet (500mg) in the morning
- 1 tablet (500mg) in the evening

If you are taking Warfarin, Apixaban, Dabigatran, Rivaroxaban, Clopidogrel, Ticagrelor or any steroids medication that thins your blood, please inform the Urology Department on 01305 255145/ 255695 and we will advise you what to do. No other medication is relevant.

Please bring a dressing gown with you on the day of your procedure. Your bladder does **not** need to be full for the scan. Please also try to go to the toilet to empty your bowels before you come to hospital. This will make the procedure more comfortable.

We also advise you to arrange for someone to bring you to hospital and take you home after the procedure as you may not feel comfortable driving.

### **What happens during the scan and biopsy?**

The whole procedure takes about 15-20 minutes.

- You will be asked to remove your lower clothing before you lie on a couch.
- First the doctor will examine your prostate gland by placing a finger in your back passage.
- A *transrectal ultrasound probe* will then be placed into your back passage. This is a small instrument that uses sound waves to produce an image of the prostate on a TV screen. The image may help the doctor see if there are any abnormalities with your prostate, but the probe is mainly used to guide the doctor as he takes several small samples of tissue (called a *biopsy*) from the prostate. A minimum of 12 biopsies are usually taken. **Please be aware that you may find this part of the procedure uncomfortable.**

### **What happens when the examination is complete?**

You will be offered a warm drink. The nurse will discuss follow up arrangements and explain any discharge instructions to you.

### **Recovering from the procedure**

- Avoid strenuous exercise for 3 to 4 days after the examination. This includes lifting heavy objects, digging the garden, and playing golf.
- You can usually resume sexual activity after 3 of 4 days.
- Drink plenty of water (at least 2 to 3 pints) when you return home and 3 to 4 pints a day for the next 2 days. This will help to prevent infection (symptoms of infection are discussed below).
- Avoid travelling on long journeys for the next 7 days.

### **What are the benefits of the examination?**

The doctor can use results from the scan and biopsies to quickly discover if there are any problems with your prostate gland.

### **Are there any risks or problems associated with the scan or biopsy?**

After the examination you may:

- **Have some pain or discomfort.** This can be treated with a painkiller such as paracetamol.

- **Be susceptible to infection.** The doctor has prescribed a 3 day course of antibiotics to reduce the risk of infection. You will take 500mg tablets of Ciprofloxacin twice a day and it is important that you take **all** of the antibiotics. **You must also avoid drinking any alcohol while taking this medication.**
- **Blood** in your urine and/or bleeding from your back passage. This may last up to 3 weeks.
- **Blood** in your semen. This is normal but may take a **few weeks** to clear.

## Important

Sometimes, even though patients have taken antibiotics, they can still develop infections with severe symptoms. Infections may cause:

- **Flu like symptoms** such as fever, shivering and feeling unwell for more than 24 hours.
- **Large blood clots** in the urine that are difficult to pass.
- **Passing urine often**, and with a burning or stinging sensation and/or an offensive smell.

If you experience any of these symptoms, please contact the Urology Department on 01305 255145/ 255695 during normal office hours, your GP, or an out of hours service straight away.

## When will I get the results?

Your next appointment with the Urology Team will be arranged after the results of the biopsies become available. Your results will be discussed with you at the appointment.

We recommend that you bring a relative or friend with you when you come for this next appointment.

A *negative* biopsy result (normal prostatic tissue) does not rule out a small area of cancer. Therefore, it is likely you will need further outpatient appointments, blood tests and possible repeat biopsies.

## Contact numbers for your medical team:

Consultant Urological Surgeons:

Mr N Afzal	01305 255468
Mr S Andrews	01305 255274
Mr A Cornaby	01305 255470
Mr Khan	01305 255470

Urology Nurse Specialist:	01305 255415
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## Notes:

### About this leaflet:

Authors: Kirsten Ryan, Urology Nurse Specialist, and Andy Goffe Urology Nurse Consultant  
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### References:

British Association of Urological Surgeons (BAUS), 2015. *Transrectal Ultrasound & Prostatic Biopsy*. [Online] Available at [https://www.baus.org.uk/professionals/baus\\_business/publications/76/transrectal\\_ultrasound\\_prostatic\\_biopsy](https://www.baus.org.uk/professionals/baus_business/publications/76/transrectal_ultrasound_prostatic_biopsy) [Accessed 18 June 2018]

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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