



# Transperineal ultrasound and prostate biopsy

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**This leaflet explains why you might require a transperineal ultrasound scan and prostate biopsy as part of treatment to deal with problems with the prostate gland in men. If there is anything you do not understand please speak to your doctor or nurse.**

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**Please let us know if you have a holiday booked within a week of the biopsy appointment, especially if you are travelling outside the UK, so that we can reschedule your appointment.**

## **What is a transperineal prostate biopsy?**

Your urologist (doctor specialising in the bladder, prostate, kidneys and urinary system) may need to take tissue samples for analysis (biopsy) from your prostate gland to help diagnose your condition, or identify the best course of treatment for you. A transperineal ultrasound scan helps the urologist see the prostate gland during the procedure.

## **Why do I need to have this done?**

You may have had a blood test for the chemical marker, PSA (Prostate Specific Antigen – a protein produced by the prostate gland), which has been found to be higher than the level expected in a man of your age. The PSA test can be a useful marker of possible prostate cancer. However, a raised PSA test result may also be due to other causes, including an enlarged prostate due to ageing, a urine infection or a prostate infection.

You may also have had an examination of the prostate via your back passage and your prostate may have felt abnormal. This can sometimes indicate prostate cancer or may be due to relatively harmless conditions, such as infection or stones in the prostate.

## **What to do before the procedure**

- You can eat and drink as normal.
- You may not feel like driving home after your appointment, so you should arrange for someone to take you home afterwards.
- You will be asked to provide a urine sample on arrival to test for current urinary infections.
- Let us know if you take medication that thins the blood, such as Warfarin, Clopidogrel (Plavix) or Dipyridamole (Attia, Ofcram, Persantin, Persantin Retard, Trolactin) as we will need to ensure your blood is clotting effectively before the procedure.

## What happens during the scan and biopsy?

The doctor will feel your prostate (through the back passage) with their finger, prior to inserting the ultrasound probe into your back passage. This is a small instrument that uses sound waves to produce an image of the prostate and may show abnormalities within the gland. You may find this part of the test uncomfortable but it should not hurt.

A local anaesthetic is injected via a needle in the perineum (area of skin between the scrotum and back passage). This will feel cold and sharp and will sting as it is injected but this discomfort soon passes. The ultrasound probe is also used to guide the doctor as they take some small samples of tissue (known as a 'biopsy') from the prostate gland through the perineum. You will have between 5 and 20 biopsies taken from the prostate.

The whole procedure will take around 30 minutes to complete. You should expect to be in the department for about 1½ hours altogether.

## What happens afterwards?

You may experience a small amount of bruising in the perineum and you may have some bleeding from the urethra which shows as blood in your urine. If this happens you will be asked to stay in the department for about 20 minutes in order to monitor it; otherwise, you may go home straight away.

You may wish to take things easy for the rest of the day. Please **drink plenty of water** (at least 2 or 3 litres in 24 hours) for the rest of the day and for the next 2-3 days. This will help prevent infection.

Any pain or discomfort you experience after your procedure can be treated with simple painkillers, such as paracetamol.

## Is there anything I need to watch out for at home?

After the scan, you may notice **blood** in your urine and bruising in the perineum – this should clear within a few days. You may also notice blood in your semen, which may take several weeks to clear. This is normal. **If the bleeding becomes heavy or severe**, or if you are worried, please contact your GP or come to the Emergency Department (A&E) at the Royal Berkshire Hospital.

If you get any **pain or burning when you pass urine, or you feel unwell**, you may have a urine infection. Contact your GP as soon as possible.

**Important: If you become shivery, have a fever and feel generally unwell, please go straight to the nearest Emergency Department (A&E) as you may need to be admitted for extra antibiotics given via a vein.**

The scan and biopsies may cause slight inflammation of the prostate gland, making it difficult for you to pass urine. This should pass within a few days. **If you are unable to pass any urine at all**, please call your GP or come to A&E as soon as possible.

## Coming for your results

You should already have two follow up appointment dates when you come for the biopsy – we will check that this is the case on the day of the biopsy. At the first follow up appointment, the urology nurse specialist will explain the results to you and you will discuss what happens next. Depending on what your results are, there is a possibility you may need to have some further X-

ray investigations. These may be organised for the Friday and the following Monday after your results clinic.

### **Who can I contact for more help or information?**

If you have any questions or concerns about your procedure, the Urology Procedures Department can be contacted for advice on weekdays between 8.30am – 4.30pm via the Urology Clinical Admin Team (CAT 3a) Tel: 0118 322 8629 or email [rbb-tr.CAT3A@nhs.net](mailto:rbb-tr.CAT3A@nhs.net). Telephone Hopkins Ward on 0118 322 7771 at other times.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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