

Smoking and this biopsy

Ideally, we would prefer you to stop smoking before any procedure. Smoking can worsen some urological conditions.

For advice on stopping, you can:

- contact your GP
- access your local [NHS Smoking Help Online](#) or
- ring the free NHS Smoking Helpline on **0800 169 0 169**.

This leaflet contains the most recent evidenced based information from the British Association of Urological Surgeons (BAUS)

If you require further information you can gain more via:

www.baus.co.uk

www.cancerresearchuk.org

www.prostatecanceruk.org

Urology Unit
St Helens Hospital
Contact: 01744 646310

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk

Transperineal Ultrasound-Guided Biopsy

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

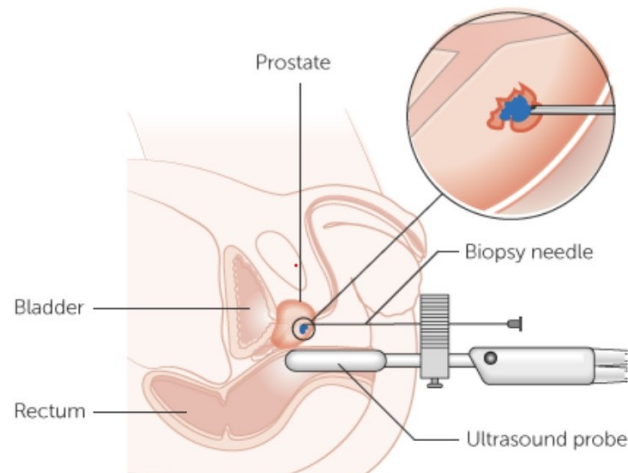
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Key Points

- **Transperineal ultrasound-guided biopsy of your prostate is done to check for prostate cancer**
- **There is, at present, no more reliable way than biopsies for checking your prostate**
- **The commonest side-effects are bleeding and reduced urinary flow, but infection is rare**
- **Many of the prostate cancers diagnosed are not life-threatening: they may require no active treatment, only careful monitoring**

What does this procedure involve?

Putting an ultrasound probe into your rectum (back passage) to scan your prostate. Guided by ultrasound, biopsies are taken from your prostate through your perineum (the skin between your scrotum and rectum). We usually take 24 biopsies but this could be more or less dependent upon your history.



What can I expect when I get home?

- You will get some blood in your urine which may last several days, often with the occasional blood clot
- We advise you to drink plenty of fluid to help stop this bleeding
- You often see blood in your semen for up to six weeks
- You will be given advice about your recovery at home
- If the bleeding in your urine does not stop, you should contact your GP or specialist nurse for further advice
- If you are unable to pass urine at all, you should contact your GP immediately or go to your local Emergency Department
- We will review the results of your biopsies in a multidisciplinary team (MDT) meeting within seven to 10 days
- We will let you and your GP know the results as soon as possible with an outpatient appointment booked for you within a few weeks to discuss the findings and explain any further treatment if necessary

When will I need to seek help?

Contact your doctor or go straight to the Accident and Emergency Department if you have signs of infection, such as:

- A high temperature including shivering or shaking
- Difficulty in passing urine
- A need to pass urine very often
- A lot of blood in your urine or stools

Are there any after-effects and risks?

The possible after-effects and your risk of getting them are listed below. Some are self-limiting or reversible, but others are not.

The impact of these after-effects can vary a lot from patient to patient; you should ask your surgeon's advice about the risks and their impact on you as an individual:

- It is very likely for you to see blood in your urine and this can be for up to 10 days
- You are likely to see blood in your semen – this can last up to six weeks (this poses no risk to you or your sexual partner)
- There is a risk of bruising in your perineal area from around where we take the samples
- There is a possibility of feeling discomfort in your prostate caused by the procedure
- There is a 5% risk of having temporary problems with erections caused by bruising from the biopsies
- There is a possibility of being unable to pass urine 5%
- Blood in your urine sometimes can cause clots to form and this can prevent you from passing urine
- There is a possibility that the urologist may not find any significant cancer in your prostate, this could result in a repeat procedure in the future if for example your PSA level continues to rise
- There is a very low risk 1% of requiring emergency admission for treatment due to bleeding
- There is a 1% risk of developing a urinary tract infection that requires treatment with antibiotics

Do I need to do anything to prepare?

There is no need to withhold any food or drink prior to this procedure; continue to take any prescribed medications unless you have been directed not to.

If you are taking any blood thinners such as:

- Warfarin
- Aspirin
- Clopidogrel
- Apixaban
- Rivaroxaban
- Dabigatran

and you haven't been advised regarding the management of these, please do **ring our department immediately** on 01744 646310 so we can advise accordingly.

We recommend that you make arrangements regarding transport home as it is not advised to drive immediately following this procedure.

What happens the day before the procedure?

We will introduce ourselves to you and the consultant urologist (or a member of their team).

We will review your history and medications, and discuss the procedure again with you to confirm your consent, there will be written consent form for you to sign.

Details of the procedure

- This procedure will be completed whilst you are awake and performed under a local anaesthetic in our Urology Department
- You will be required to provide a urine sample before the procedure begins, your temperature, pulse and blood pressure will be taken prior to your procedure
- You will be provided with a gown and you will be asked to remove your lower clothing including your underwear
- Before the procedure begins, you will have an antibiotic injection into your thigh muscle after we have checked carefully for any allergies
- You will be on a specialised examination couch which will readily allow the surgeon to access the skin behind your scrotum this area is cleaned with a topical antiseptic solution
- Your prostate will be examined, before inserting some more lubricating jelly into your back passage, this makes the insertion of the ultrasound probe more comfortable and gives better images for the urologist to see
- The probe is as wide as a man's thumb and is approximately 10 cm (four inches) long. This is placed into position in the back passage
- Your skin is prepared with a topical antiseptic solution before a local anaesthetic is injected to where the entry points will be, this could sting and initially be uncomfortable
- Then a further local anaesthetic is injected deeper inside you, around the prostate area again this could be initially uncomfortable

- We usually take 24 samples, depending on the size of your prostate
- Afterwards we apply a firm dressing to your perineum which is held in place with some adhesive tape
- The procedure takes around 5 to 10 minutes to complete
- You should expect to stay in the department for up to an hour, during this time we will make you a hot drink if you like and provide some light refreshments, we will record your observations
- We do ask you to pass urine before you leave the department