

Imaging Department

Investigative procedure information leaflet

Name of procedure: Transrectal ultrasound scan and biopsy

It has been recommended you have an examination of your prostate gland using ultrasound (sound waves). The examination will help determine if there are any problems with your prostate and allow your doctor/consultant to advise the best treatment for you.

During the procedure you will be asked to lie on your left side. The ultrasound probe will then be gently inserted into your rectum (back passage) and images will be shown on a monitor. A needle will be inserted alongside the probe into the prostate gland and several samples will be taken.

This leaflet explains some of the benefits, risks and alternatives to the procedure. We want you to have an informed choice so you can make the right decision. Please ask your radiological team about anything you do not fully understand or want to be explained in more detail.

We recommend that you read this leaflet carefully. You and your doctor (or other appropriate health care professional) will also need to record that you agree to have the procedure undertaken by signing a consent form, which is enclosed with this leaflet. Please sign where indicated, in the yellow box on the second page, and bring it with you on the day of your appointment.

Intended benefits of the procedure

The aim of the procedure is to identify any abnormality with your prostate gland and obtain a biopsy for a laboratory diagnosis.

Serious or frequent risks

- Everything we do in life has risks but a transrectal ultrasound scan and biopsy is considered to be a safe procedure. Although there are no known risks associated with ultrasound, occasionally complications may arise due to the invasive nature of the biopsy. These include:
 - bleeding;
 - There may be bleeding with your stool, urine or semen, commonly this settles in a couple of days but it can last a couple of weeks. Our previous patients have reported that one third have no bleeding at all, one third have bleeding that lasts up to 3 days and one third have bleeding that can last up to two weeks. The bleeding will normally stop on its own.
 - infection;
 - There is a small risk of infection as the examination is carried out through the back passage. Our patients have had a proven infection in their urine about 3 in every hundred cases. You will therefore be given antibiotics as a precaution before your examination and a short course to take following it for 2 days.

You will be cared for by a skilled team of doctors, nurses and other healthcare workers who are involved in this type of procedure regularly. If problems arise, we will be able to assess them and deal with them appropriately.

Other procedures that are available

There are no real alternative procedures which would obtain a sample from the right parts of the prostate gland.

Your anaesthesia

A general anaesthetic is rarely required but local anaesthetic will be injected into your rectum to help ensure that you are comfortable during the procedure.

On the day of the procedure

We will welcome you to the Ultrasound Department and check your details. You will also be given some antibiotic tablets.

Prior to the examination the Consultant Radiologist who will be carrying out your examination will be available to answer any queries you may have. Please let us know in advance if you are allergic to any antibiotics or other drugs or if have;

- had a heart valve replacement;
- suffered from endocarditis;
- had a pulmonary shunt inserted; or
- a catheter inserted into your bladder.

Your normal medication

We will usually ask you to continue with your normal medication (except as instructed below) during your stay in hospital, so please bring it with you.

Clopidogrel, Dipyridamole, Cilostazol or Prasugrel

If you are taking any of these regularly please ring the Imaging department on 01527 512099. We will need to know why you are taking this medication and discuss this with you. You will need to stop taking these prior to your procedure, but this should only be done after discussion with the Referring Clinician.

Warfarin, Dabigatran and Rivaroxaban

If you are taking any of the above, it may need to be stopped prior to the procedure and alternative medication should be arranged with your referring Clinician. Please ring the Imaging department on 01527 512099. We will need to know why you are taking this and what your target INR is.

If you don't feel well and have a cough, a cold or any other illness when you are due to come into hospital for your investigation, we will need to know. Depending on your illness and how urgent your investigation is, your procedure may need to be delayed.

During the investigation

In the examination room you will be made comfortable on an examination couch.

The ultrasound probe will then be gently inserted into your rectum and images will be shown on the monitor. Pictures and measurements will be taken. Local anaesthetic will be injected alongside the prostate gland and the nerves that run along both sides of the gland.

A needle will be inserted alongside the probe into the prostate gland and several samples will be taken. The ultrasound probe and needle will then be removed.

After your investigation

If everything is satisfactory you will be allowed home. You should arrange for someone to drive you home following your procedure.

Leaving hospital

Once home, it is important to rest quietly for the remainder of the day.

If you have any of the following;

- excessive bleeding;
- difficulty in urinating;
- experience excessive sweating;
- experience excessive shivering; or
- generally feel unwell.

Please contact your doctor.

Analysing the biopsy removed

We will send the samples to a laboratory in the hospital for tests. The results will not be available on the day of the examination. They will be sent to your referring consultant who will usually either write to you or arrange an out patient appointment.

Contact details

If you have any specific concerns that you feel have not been answered and need explaining. Please contact the following:

- Appointments Clerk, Radiology Booking Office, Alexandra Hospital,
- Phone 01527- 512099.
- Debbie Ralph, Urology Specialist Nurse, Alexandra Hospital, Phone 01527 - 503030 ext 44150.

Additional Information

The following Internet websites contain additional information that you may find useful:

- www.patient.co.uk
Information fact sheets on health and disease
- www.worcestershirehealth.nhs.uk/acute-trust
Worcestershire Acute Hospitals NHS Trust
- www.radiologyinfo.org
For information on a wide range of radiological procedures.
- www.nhsdirect.nhs.uk
On-line Health Encyclopaedia and Best Treatments Website.

Patient Services Department

It is important that you speak to the department you have been referred to (see the contacts section) if you have any questions (for example, about medication) before your investigation or procedure.

If you have any concerns about your treatment, you can contact the Patient Services Department on 0300 123 1733. The Patient Services staff will be happy to discuss your concerns and give any help or advice.

If you have a complaint and you want it to be investigated, you should write direct to the Chief Executive at Worcestershire Acute Hospitals NHS Trust, Charles Hastings Way, Worcester WR5 1DD or contact the Patient Services Department for advice.

Please contact Patient Services on 0300 123 1733 if you would like this leaflet in another language or format (such as Braille or easy read).

Bengali

“আপনি যদি এই লিফলেটটি বিকল্প কোনো ভাষায় বা ফরমেটে (যেমন ব্রেইল বা সহজ পাঠ) চান, তাহলে এই নম্বরে 0300 123 1733 প্যাশেন্ট সার্ভিসের সাথে যোগাযোগ করুন।”

Urdu

“اگر آپ کو یہ دستی اشتہار کسی مُتبادل زبان یا ساخت میں چاہیے (جیسے کہ بریل / ایڑی ریڈ) تو پبلشنگ سروسز سے 0300 123 1733 پر رابطہ کریں۔”

Portuguese

“Por favor, contacte os Serviços de Apoio ao Paciente através do número 0300 123 1733, caso precise deste folheto numa língua alternativa ou formato (como Braille / fácil de ler).”

Polish

“Jeżeli pragniecie Państwo otrzymać tę broszurę w innym języku lub formacie (Braille / duży druk) proszę skontaktować się z Obsługą Pacjentów pod numerem 0300 123 1733.”

Chinese

“如果您需要此份傳單的其他語言選擇或其他版本 (如盲人點字版/易讀版容易的閱讀),請致電 0300 123 1733 與病患服務處聯繫。”

Comments

We would value your opinion on this leaflet, based on your experience of having this procedure done. Please put any comments in the box below and return them to the Clinical Governance Department, Finance Department, Worcestershire Royal Hospital, Charles Hastings Way, Worcester, WR5 1DD.

Name of leaflet: _____ Date: _____

Comments:

Thank you for your help.



Corporate member of
Plain English Campaign.
Committed to clearer communication.

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