

Transperineal Ultrasound Guided Prostate Biopsy (TP Biopsy)

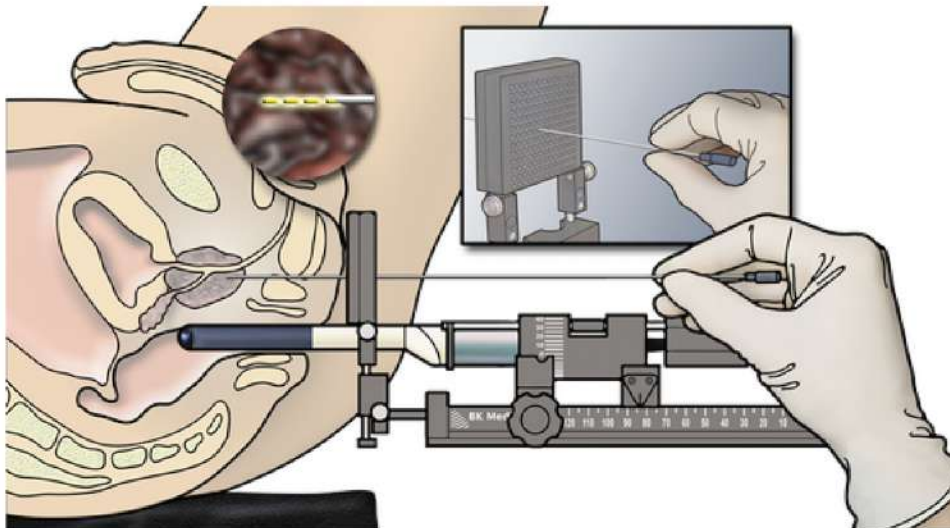
What is TP Biopsy?

What the procedure involves:

Putting an ultrasound probe into your rectum (back passage) to scan your prostate. Under ultrasound guidance, tissue samples are taken from your prostate with a special needle through your perineum, which is the area of skin between your scrotum and rectum.

What is the prostate:

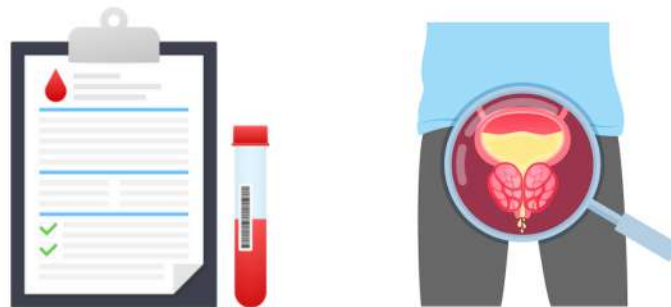
The prostate is the internal male sexual organ located below your bladder and surrounds your lower urine passage (urethra).



Why Do I Need This Procedure?

TP Biopsy may be done because:

- You may have a raised Prostate Specific Antigen (PSA) blood test. PSA is a tumour marker produced by your prostate. Raised PSA may be associated with prostate cancer.
- You may have an abnormal prostate finding on rectal examination.



What Are The Preparations?

You will be asked to take antibiotics and laxatives prior to the procedure. These will help to reduce your risk of developing severe infections after the procedure. You will also be asked to stop any blood thinning medications you are taking. You will be advised on the date when to stop these medications.

Traditional medications and supplements should also be stopped. Your medications for diabetes, high blood pressure and high cholesterol can be continued. You do not need to fast for the procedure, however you should go on a low residue diet one day prior to the procedure. Avoid vegetables, fruits and whole grain products.

Start your antibiotics one day prior to the procedure and complete the antibiotic course as directed by your doctor. Clear your bowels on the evening before the procedure.

For safety reasons, an adult should accompany you back home after the procedure. If not, the procedure may be cancelled.

How is the Procedure Performed?

The procedure can take 20 to 40 minutes. You will first be asked to change into our hospital gown and lie down on the examination bed. Another rectal examination is carried out to ensure your back passage is not loaded with feces.

Your rectum will then be cleaned and an ultrasound probe covered with lubricant gel will be gently inserted in your rectum. Under ultrasound guidance, local anesthetic will be infiltrated around your prostate. The anesthetic agent will make the biopsy as comfortable as possible.

A needle biopsy guided by a grid will then take tissue samples of your prostate through your perineum. These will be sent for histologic examination. As many as 24 samples may be taken.

What Are The Risks and Complications of the Procedure?

You will be observed in our recovery room for about 60mins before being discharged. Rest and drink plenty of water unless there are medical reasons to limit your fluid intake.

You will most likely have some blood in your urine and stool up to 5 days. Your semen may appear pinkish and/or brownish for up to six weeks.

These are expected and you need not worry. However, you should seek medical attention immediately if bleeding persists or worsens.

You may refrain from having sexual intercourse for at least 2 weeks.

When to seek medical attention:

- Worsening pain or bleeding
- Fever and unwell
- Unable to pass urine
- Passing urine with large clots



What Are The Options?

TP biopsy was recommended to you by your urologist to obtain tissue samples from the prostate for prostate cancer detection.

If you are agreeable to a prostate biopsy, you may also consider the option of transrectal ultrasound guided (TRUS) prostate biopsy. TRUS biopsy is less painful, cheaper and does not require general anesthesia, but have a slightly higher risk of infection. Please feel free to speak to your urologist if you would like more information on TRUS prostate biopsy.

If you have decided not to undergo any form of prostate biopsy, you would have opted out of the gold standard modality to detect prostate cancer, meaning that you would face a high risk of missing an undiagnosed prostate cancer. Nonetheless, you may still consider either a MRI prostate scan or regular check-ups with PSA blood test to reduce such a risk.

What Will Happen If I Do Not Undergo The Procedure?

If you have decided not to undergo TP biopsy, you should decide on one of the other options in the previous paragraph. Please feel free to speak to your urologist if you would like more information on these options.



Contributed by Urology

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