

Transrectal Ultrasound (TRUS) Prostate Biopsy

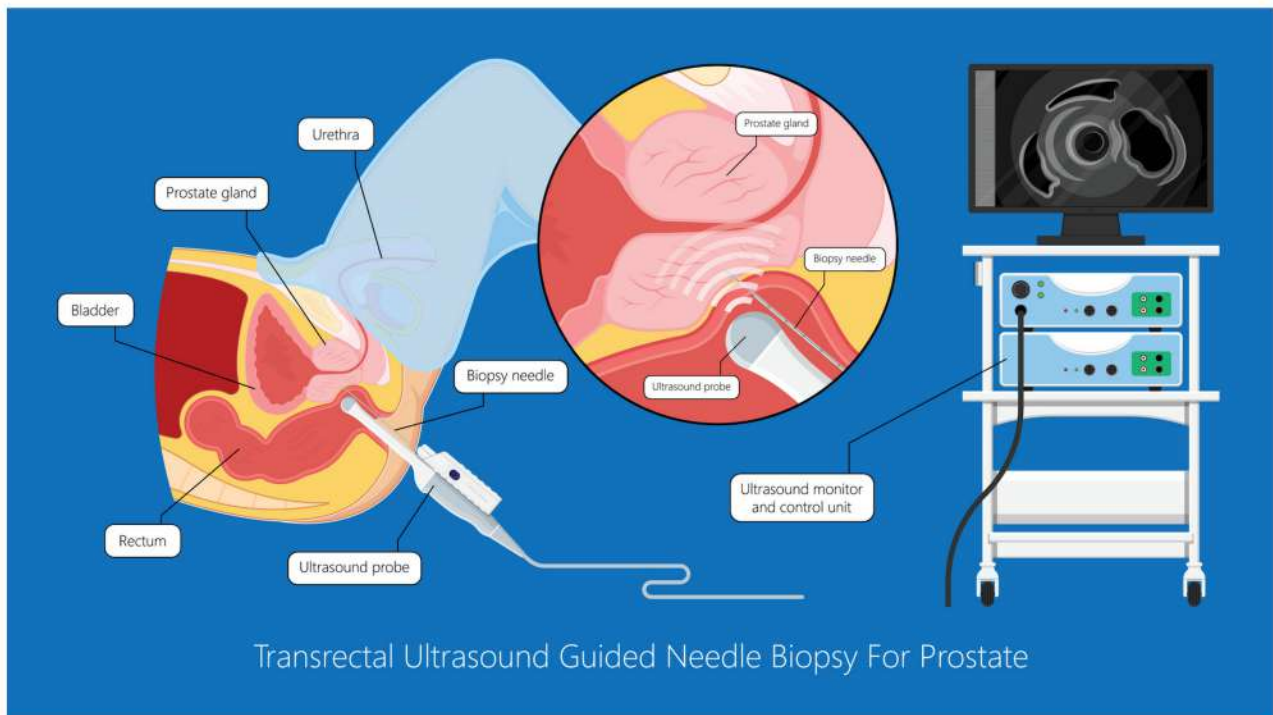
What is TRUS Prostate Biopsy?

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 passing through the probe.

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?

TRUS Prostate 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 don't 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 about 15 to 30 minutes. You will be asked to change into our hospital gown and lie down on the examination bed. Another rectal examination will be done to ensure your back passage is not loaded with feces.

Your rectum will then be cleaned with antiseptic and an ultrasound probe covered with lubricant gel will be gently inserted in your rectum.

Local anesthetic will be infiltrated around your prostate to make the biopsy as comfortable as possible

Under ultrasound guidance, a biopsy needle will take tissue samples from your prostate for histologic examination. As many as 24 samples may be taken.

What Are The Risks and Complications of the Procedure?

Almost all who undergo this procedure will have mild bleeding in the urine and rectum, and sometimes in the semen.

Up to 3% may not be able to pass urine after the procedure and need to have a temporary urinary catheter inserted.

Severe bleeding and infection happen in <2% of cases that requires early medical attention.



What Would I Expect After 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 have some blood in your urine and stool which should resolve in 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?

TRUS prostate 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 transperineal ultrasound guided prostate biopsy (TP biopsy). TP biopsy has a lower infection rate, but tends to be more painful and costly. TP biopsy is usually reserved for the more complex cases or for repeat cases when the initial TRUS prostate biopsy could not determine the presence of prostate cancer. Please feel free to speak to your urologist if you would like more information on TP 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 TRUS prostate 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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