



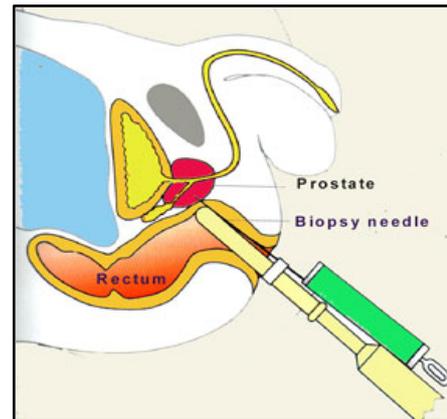
Transrectal Ultra Sound Guided Prostate Biopsy

Consent and Procedure Information

This is an ultrasound examination of the prostate. It enables the doctor to look in detail at the structure of the prostate and any abnormal areas in it.

As the prostate is very close to the rectum, the examination is done with a probe passed in through the rectum (back passage). This is similar to the rectal examination you will already have had with a gloved finger, although the probe is larger.

Once the probe is inside the rectum, it may be moved around to get different views on the screen. Local anaesthetic is injected next to the prostate to reduce the discomfort from the biopsy. Additional local anaesthetic is given in the form of a gel inserted into the rectum.



Several biopsies (samples) are taken – these are done with a device that produces a very rapid needle prick in the prostate. Most people only experience mild to moderate discomfort.

Informed Consent

You will be asked to sign an informed consent form prior to your prostate biopsy indicating that you agree to the biopsy being performed and that you understand the potential complications (risks) of the procedure. The main risks of a transrectal prostate biopsy are infection, bleeding and urinary retention.

Infection: The transrectal prostate biopsy is associated with a risk of infection as the prostate samples are collected via the rectum (back passage). To reduce the infection risk you will have a rectal swab taken to identify the bacteria that normally live in your bowel. You will then be prescribed a dose of antibiotic according to the rectal swab result. It is very important the antibiotic is taken exactly as prescribed before the prostate biopsy. Even with the correct antibiotic, there remains a risk of infection.

At Waitemata District Health Board two out of every hundred men who have a transrectal prostate biopsy require admission to hospital for treatment of infection related symptoms.

Bleeding: You may notice some blood in your bowel motion and urine after the prostate biopsy. This usually settles within a few days but in some patients may continue longer. You are advised to drink plenty of fluid for the rest of the day following the procedure. You may also notice blood in the semen and this may take several weeks to settle. This will not cause harm to your wife / partner.

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Urinary Retention (inability to pass urine): Occasionally men cannot pass urine after a prostate biopsy due to prostate swelling. This usually only occurs in men who were experiencing difficulties passing urine before their biopsy (e.g. very slow urine flow, difficulty starting urine flow, passing urine very frequently). If you are unable to pass urine and become uncomfortable you will need to visit your doctor or the hospital for insertion of a urinary catheter. The catheter will need to stay in place until the prostate swelling reduces (usually less than one week).

At Waitemata District Health Board one out of every 200 men who have a transrectal prostate biopsy requires urinary catheter insertion for urinary retention.

If you have any questions regarding these risks please discuss these with the nurse at pre-biopsy clinic and / or the doctor performing the biopsy. You should feel fully informed before you sign the consent form.

After the procedure

You may need to rest in the department for 30 minutes after the procedure.

You can drive yourself home after the procedure, but some men prefer to be driven.

It is advisable to be in the company of someone for at least the first eight hours after the biopsy in case you become unwell.

Avoid any physical activity and drink plenty of fluids for the rest of the day.

If you are unwell after your biopsy

You should contact your family doctor (GP) or an after hours service if you experience mild symptoms. These might include:

- Sweating and feeling faint
- Increasing pain that is not relieved by Panadol
- Burning sensation when passing urine and going more often
- Urinary retention (you are unable to pass urine)

It is very important that you go to a public hospital emergency department if you experience any of the following:

- Heavy bleeding
- Chills or fever

These symptoms can become serious in a short period of time and help must be sought promptly. If for any reason you do have to seek medical help after your biopsy, please contact the urology nurses on 021 815 424 (week day, working hours) within 1-2 days so they can follow up on your progress.

The biopsy result generally takes about 2 weeks before it is available. You will be advised about a follow up appointment to get these results before you leave.

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