

# Having a transperineal template biopsy of the prostate (local anaesthetic)

## Department of Urology

Information for day case patients

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### Introduction

We hope that the information in this leaflet will help you prepare for your prostate biopsy. This will be performed in the Day Case Unit or Ward 28a (Urology Assessment Unit).

Please read the following important information:

- If you are ill, or cannot keep your appointment for some other reason, please let us know as early as possible. Another patient may benefit from the cancellation of your appointment.
- If you have any concerns or require any further information about the procedure, please do not hesitate to contact us using the numbers below.

### Contact numbers

**(all based at Leicester General Hospital)**

**Ward 28a** (Urology Assessment Unit)

Monday to Friday 8:30 am to 3:45 pm

Telephone: 0116 258 4632

**Day Case Unit**

Monday to Friday 7:30 am to 8:00 pm

Telephone: 0116 258 4192 or 0116 258 8130

**Urology Nurse Specialists**

Monday to Friday 9:00 am to 5:00 pm

Telephone: 0116 258 4635

**Prostate Cancer Nurse Specialists**

Monday to Friday 9:00 am to 5:00 pm

Telephone: 0116 258 8328

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals

To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

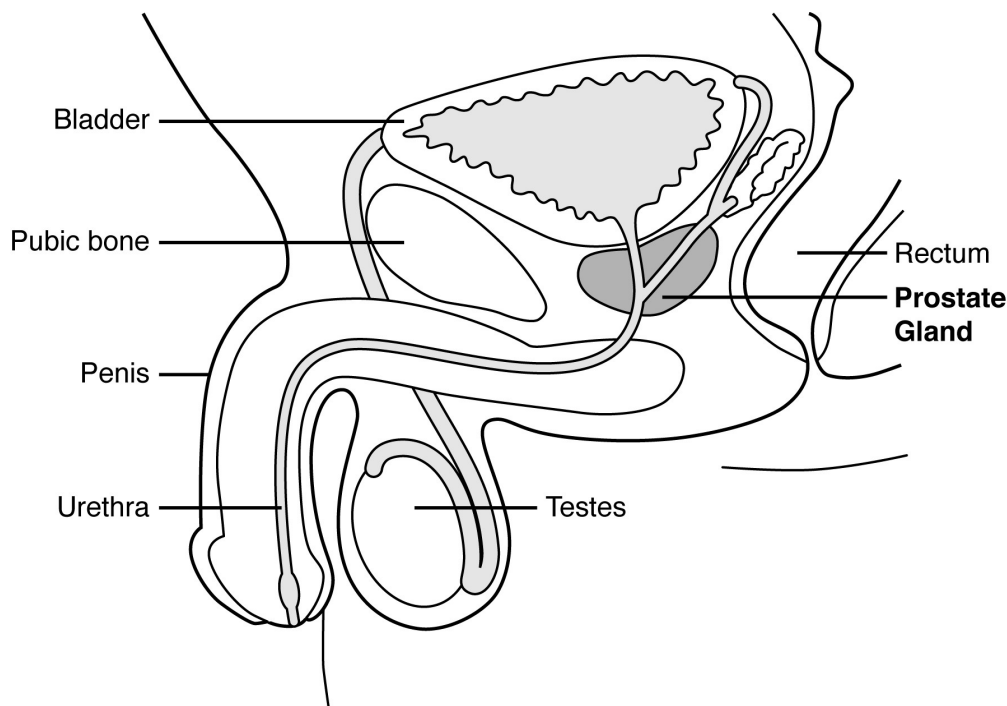
## The prostate

The prostate is a small gland, which is found only in men. It is found at the base of the bladder and surrounds the water pipe (urethra) which carries urine from the bladder to the penis.

The easiest way to imagine your prostate is to compare it to an apple, which has had its core removed. The purpose of the prostate gland is to produce substances which assist with the passage of sperm.

The prostate gland in young men is approximately the same size as a walnut. However, it may get bigger as you get older, and for most men this is an entirely harmless process.

Only a very small number of men develop a cancerous growth of the prostate.



## What is a transperineal template biopsy?

A transperineal template biopsy involves the insertion of many fine needles through the perineum (the skin between the scrotum and the anus) in order to obtain tissue samples from the prostate gland for testing. The procedure will be carried out whilst you are awake. A local anaesthetic will be used to reduce the sensation in your perineum before the biopsy is done.

## What are the benefits of having a biopsy?

The procedure allows an assessment of the prostate gland, providing your medical team with information on which to base your diagnosis.

## Are there any alternatives?

Your doctor will have discussed any possible alternatives, such as other methods of taking a biopsy of your prostate, with you before booking this appointment.

## Are there any possible complications?

As with all invasive procedures, there are possible complications. These include:

**Haematuria** (blood in the urine), which may happen after the procedure. This is normal and should settle within a week or two.

**Haematospermia** (blood in the semen), which may last up to six weeks, but should clear on its own.

**Bleeding / bruising** on the perineum where the needles were inserted. This should settle in a few days.

**Urinary retention** - this is the inability to pass urine after the procedure. If you are unable to pass urine, then you may need a catheter inserting.

A small number of men (1-2%) need to have a catheter inserted. A catheter is a tube which goes into your bladder and drains the urine out into a bag. You will be given an appointment for the catheter to be removed five to seven days after the procedure.

**Infection** - if you develop 'flu' like symptoms with a fever or temperature following the procedure, it could be a sign that you are developing an infection.

If this happens, it is important to contact the Urology Unit as soon as possible and ask to speak to either the Nurse in Admissions or House Officer on call. This also applies through the night.

You will be admitted to the Urology Unit for observation if necessary.

You will have time to discuss all these risks with your doctor and nurse before you consent to having a transperineal template prostate biopsy.

**Emergency Contact Number (24 hours, seven days a week):**

**Urology Unit 0116 258 4247**

## What happens before my procedure?

If you take any blood thinning medication (such as warfarin) then please contact the department as soon as possible, as you may need a pre assessment appointment.

**If you are taking any medication, please bring it with you to your pre-assessment appointment and on the day of the procedure.**

## What arrangements must I make?

Before you can have the procedure, please plan the following things:

- You must be collected by a responsible adult, who must take you home in a car or taxi following your procedure.
- You must have a telephone at home in case you become unwell.
- Do not cycle for a minimum of 48 hours after your biopsy.

## How do I prepare for my procedure?

- Read your admission letter carefully and arrive at the correct department.
- Please ensure you eat and drink. There is no need to fast for this procedure.
- Do not bring any valuables with you into hospital. University Hospitals of Leicester NHS Trust cannot accept responsibility for loss or damage to personal belongings
- Do have a bath or shower before you come into hospital
- Do wear comfortable clothing and footwear to go home in

## What do I need to bring with me to hospital?

- Your appointment letter. The time you are given to arrive is not the time of your procedure. The doctor needs to see you before the start of the list, so you may be waiting for your procedure for between two and four hours.
- Any drugs, medicines or inhalers you are using. Please take your necessary medication before attending unless otherwise instructed at your pre-assessment appointment.
- A contact number for your lift home.
- A dressing gown and slippers, if you have them.
- Something to do while you are waiting, such as a book or magazine to read.

## What will happen at the hospital?

- You should come to the Day Case Unit or Ward 28a (Urology Assessment Unit) as outlined in your letter and report to reception.
- Your details will be checked and you will be directed to the ward or to the waiting room before being seen by a nurse.
- The nurse will talk to you about your procedure and ask you a few questions.
- You will meet one of the medical team who will ask you to sign a consent form. Please ask if there is anything you do not understand before you sign the form.
- You will need to change into a theatre gown - the nurse will tell you when to do this.

## What happens after my procedure?

You will stay in the department until you have passed enough urine and your nurse is happy that you are well enough to go home.

Very occasionally patients need to stay overnight. If your nurse or doctor feels that this is necessary, they will explain this to you.

### Pain

Any discomfort after your prostate biopsy can usually be controlled with paracetamol (or a similar pain killer). If you are unsure, contact us for advice using the numbers in this booklet.

### Eating and drinking

You can eat and drink as normal straightaway, but do not drink alcohol for 48 hours. It is best to drink plenty of fluids, at least 2-3 litres (4-5 pints) in the first 24 hours. This will make you pass more urine, flushing your bladder regularly.

### Driving

Do not drive until you are comfortable to do so and can keep control of your car in an emergency.

### Work

Depending on your job, it is usual for people to return to work two or three days after the procedure.

### Sex

You can resume sexual activity as soon as you feel comfortable.

### Physical activity

Do not do too much too soon. It is usual to feel some aches and pains for a few days, perhaps up to two weeks.

### Holidays

Flying too soon after the procedure can increase the chance of problems, and you may not be covered by your insurance. Please discuss this with your insurance company.

## Follow-up

Following your biopsy you will be given a follow up appointment with your consultant to discuss the results. Prostate biopsy results usually take 3-6 weeks to process. An appointment with the consultant will be made after the biopsy results are ready.

Please contact your consultant's secretary if you have any questions about your follow-up appointment.

**Emergency Contact Number (24 hours, seven days a week):****Urology Unit 0116 258 4247**

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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)