

Having a targeted biopsy of the prostate

Department of Radiology

Information for Patients

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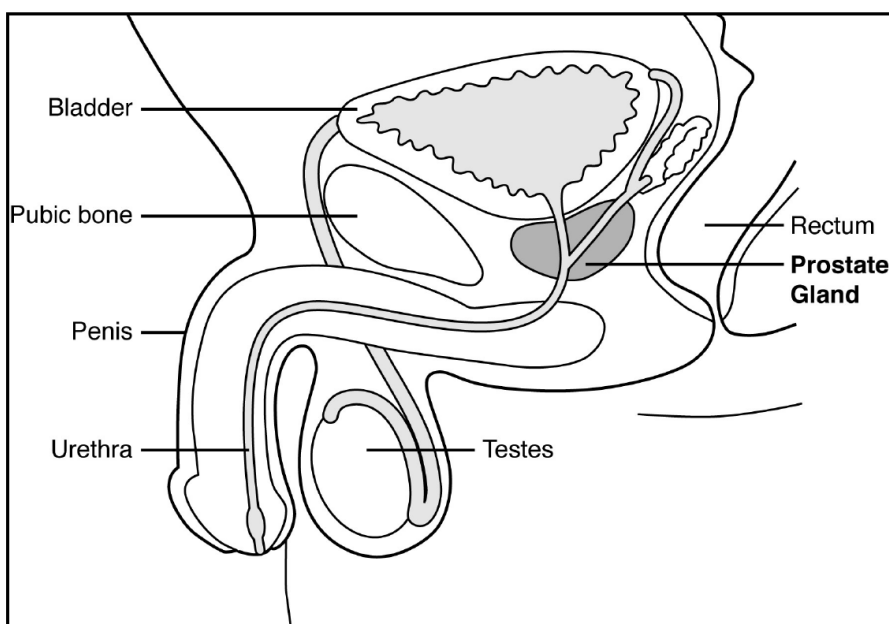
The prostate

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 wee (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 help with the passage of sperm.

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

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



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What is a targeted prostate biopsy?

A prostate biopsy is a way of taking a small piece of prostate out of your body so that it can be sent away for testing. The biopsy is done using a thin needle through the wall of your back passage (rectum).

The sample of cells taken out during the biopsy will then be examined under a microscope by an expert in making a diagnosis from tissue samples (pathologist).

Your procedure will be 'targeted'. This means that we combine an ultrasound scan and MRI scan pictures to accurately find the area in your prostate where the biopsy sample needs to be taken from.

This procedure is also called an MRI transrectal ultrasound scan (TRUS) fusion prostate biopsy.

To scan the prostate gland, an ultrasound probe is passed through your bottom into the back passage and rectum. The ultrasound probe produces sound waves that pass through the wall of the rectum to your prostate and the TRUS machine is able to make a picture of the prostate gland, which appears on a television screen.

Asking for your permission (consent)

The doctor who referred you should have discussed the reasons for this procedure and any other options with you.

You have been referred to a radiologist for this procedure. Radiologists are doctors who specialise in imaging and X-ray treatments. They will check that you understand why the procedure is being done, its potential risks and what the chances of success are. You will then be asked to sign a consent form to confirm this. **You should feel that you have had enough explanation before you sign the consent form.**

If after talking to the hospital doctor or radiologist you do not want to have the procedure then you can decide against it.

Important information before your appointment

Please contact the Radiology Department for advice as soon as possible on 0116 258 8765 (option 4) if you are:

- taking any medicines which thin the blood, such as aspirin or warfarin, because you may need to stop taking them.
- on antibiotic treatment for a water (urine) infection, because we may need to change your biopsy appointment.

You will need someone to drive you home and look after you for 24 hours in case you become unwell.

How to get ready for your biopsy

You can eat and drink as normal before your appointment. No other special preparation is needed.

What happens during the prostate biopsy?

Please come to the Radiology Department (also called Imaging or X-ray). You may be asked to change into a hospital gown. We will take you to the ultrasound room and explain what is going to happen, and you will be able to ask any questions that you have.

Please tell staff if you:

- are taking any medications (particularly drugs which thin the blood).
- are allergic to anything.
- have an artificial heart valve.

1 hour before the procedure you will be given antibiotics. This will give them time to work.

You will lie down on the ultrasound table and sterile towels will be placed over you. Some sterile gel will be applied to the area and the radiologist will find the exact place for the biopsy using the combined ultrasound and MRI pictures. Some local anaesthetic will be injected into the prostate to numb the area. The biopsy will be taken and the sample of cells will be sent to be examined under a microscope.

How long does it take?

You will be in the hospital for about 3 hours. The biopsy procedure takes about 40 minutes. You will need to stay with us for about 1 hour afterwards to check that you are fit to go home.

Is the procedure painful?

Putting the ultrasound probe into the back passage can sometimes be uncomfortable. However, most patients find that if they are able to relax the discomfort goes away fairly quickly.

What are the possible complications of a prostate biopsy?

Serious complications after a prostate biopsy are rare.

- **Infection** - if you develop 'flu' like symptoms with a fever or temperature after the procedure, it could be a sign that you are developing an infection. **If this happens you must contact the Urology Emergency Admissions Unit as soon as possible (even through the night) on 0116 258 4247 and ask to speak to either the Nurse in Charge or House Officer (doctor) on call.**
- **Bleeding** - it is quite common to see bleeding in either your pee or from the back passage for up to 1 week after the biopsy. Sometimes it can carry on for longer.

However, if the bleeding is very heavy or does not appear to be getting better, contact the Urology Emergency Admissions Unit on the number above.

Some men also notice blood in their semen for up to 6 weeks after the biopsy. Do not worry; this will usually clear on its own.

How will I get the results?

After your biopsy you will be given an appointment to see your Urology Consultant in the Outpatient Department to discuss the results. Prostate biopsy results generally take 10 to 14 days to come through. You may want to bring a relative or friend to this appointment.

If you do not get an appointment in the post within 3 weeks, please contact the Urology Nurse Specialists on 0116 258 4635.

More information

You may wish to bring a friend or relative with you, although they will not be allowed into the examination room.

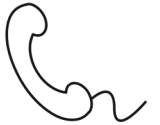
If you need to bring children with you, please bring another adult who can look after them during your appointment. Baby changing facilities are available. Please note that hospital staff cannot supervise your children.

There is support available in our hospitals for patients with learning disabilities. Please contact the Learning Disability Specialist Nursing Team on 0116 250 2809 telling them when your appointment is and what procedure you are booked for.

Contact details

If you have any concerns or need more information about the procedure, please contact:

- **Urology Nurse Specialists** - Urology Assessment Centre, Leicester General Hospital
- 0116 258 4635 (Monday to Friday, 9am to 5pm).
- **Urology Oncology Nurse Specialists (Key Workers)** - Leicester General Hospital
- 0116 258 8328 (Monday to Friday, 9am to 5pm).



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