

Patient information

Trans-rectal Ultrasound Scan and Biopsy (TRUSS)

What is the prostate gland?

The prostate is a small gland the size of a walnut. It is found at the base of the bladder and surrounds the urethra (water pipe). Urine passes from the bladder through the prostate and penis via the urethra.

The purpose of the prostate gland is to produce a fluid which assists the passage of sperm.

It is perfectly normal for the prostate gland to become slightly larger as you get older.

Why am I here?

You have been asked to attend this outpatient clinic following a visit to your local GP or hospital consultant. This appointment will be part of a series of investigations to check on your prostate gland and help your doctor determine how healthy it is.

You have probably already had a blood test to assess how healthy your prostate gland is. This is called a PSA or Prostate Specific Antigen test, and it may have shown your prostate to be overactive and potentially unhealthy.

The day of your appointment:

You can eat and drink normally.

Take all your usual medication as normal. Please inform the doctor before your procedure if you are diabetic, have an artificial heart valve or taking warfarin, aspirin or any medication which thins the blood. If you are taking aspirin you do **NOT** need to stop this prior to the biopsies.

Please contact your consultant (see telephone number on the letter) if you are on

warfarin, as we may ask you to stop taking your warfarin before we perform the biopsies. You may be asked to stay longer in the department after the biopsies if you are on any of these medications.

You should have received in the post, with your appointment, a prescription for antibiotic tablets.

- The tablets can be obtained by taking the prescription to your local chemist.
- Take both medications prescribed, one hour before your appointment.
- If you have not received a prescription either contact your GP, who can prescribe them for you, or contact your consultant (contact numbers overleaf).

Get someone to accompany you to your appointment so that you do not have to travel home alone.

Examination of the prostate

Assessment of your prostate can be done in three ways:

- Digital rectal examination
- Trans-rectal ultrasound scan
- Taking a biopsy
- Observation of the urinary flow, followed by a bladder scan (to check your bladder is emptying properly)
- International Prostate Symptom Score (IPSS) questionnaire

Rectal examination

The prostate gland is situated next to the back passage or rectum. By inserting a finger into the rectum your doctor can feel the outside of the prostate gland. This examination can indicate the size of your prostate gland and whether it feels smooth or uneven, which will help your doctor to reach a diagnosis.

Trans-rectal ultra-sound scan of the prostate and biopsies

An ultrasound scan can help to build up a more detailed picture of your prostate gland. In order to do this, a special probe is passed into the back passage and scan waves are passed through into the prostate gland. These waves are painless

(similar to x-rays). While scanning your prostate it may be necessary to take a series of samples or biopsies using a fine hollow needle attached to the probe.

The doctor will use a local anaesthetic to numb the area around the prostate gland before taking any samples. When the samples are being taken there is a loud clicking noise. While the scan is being performed, you may feel a little discomfort, but most people find this passes quickly. If, however, you find the examination painful you must say so and your doctor will stop.

You should not leave the hospital until you have passed urine. If you feel you cannot go straight away, go and have a drink in the cafeteria and try again.

The samples of your prostate gland (biopsies) are sent to the laboratory for analysis and the results are usually ready in 7-10 days.

The appointment should take no longer than 60 minutes from start to finish.

After the appointment – what happens next?

Take it easy for the rest of the day. You are advised not to travel out of easy reach of the hospital on your appointment day just in case you need to contact us for advice.

Ensure you have transport home and do not drive yourself.

If you feel sore or uncomfortable following your examination you may wish to take a mild painkiller, eg paracetamol.

If you have had biopsies taken you will probably notice blood in your urine and/or stools for 4-10 days; this is normal. However, if you notice a large or prolonged amount of blood from your back passage, please contact your own GP or the hospital on one of the telephone numbers on page 2. Do not be alarmed if you also see blood in your semen, this can last for 6 weeks.

You may experience difficulty passing urine after your examination, however, this should settle after 1-2 days.

What do the test results mean?

The scan and biopsies are performed to take a detailed look at your prostate. One of the reasons for performing this procedure is to look for prostate cancer. Many patients who have this procedure done, however, do not have cancer.

Your biopsy results will be discussed with you at your outpatient appointment. Should you need treatment or ongoing observation of your prostate gland, this will be explained to you.

Common side effects

- Blood in your urine and/or stool.
- Blood in your semen—this may last for up to 6 weeks but is perfectly harmless and poses no problems for you or your sexual partner. This may present as a rusty colour before it clears.
- Urinary infection (10%) risk.
- Discomfort from the prostate due to bruising.
- Bleeding from your prostate which may cause blood clot formation leading to an inability to pass urine (2%).

Occasional side effects

- Blood infection (septicaemia) requiring hospitalisation (2%)
- Heavy bleeding requiring hospitalisation (1%)
- Failure to detect a cancer of the prostate
- Repeat biopsies may be needed if results are inconclusive

Rare side effects

- Inability to pass urine (retention of urine).

Follow up appointment

Another outpatient appointment will have been arranged for you. Please check your biopsy appointment letter as it contains the date, time and location. At that appointment you will receive the results of your biopsies.

If you have any questions, or do not understand what you have been told, please ask. Your doctor and his team are all here to help and support you. We can only allay your concerns if we know what they are. If you would like to discuss any issues regarding this procedure please contact:

Nurse Specialist	01284 712735
Miss Wilson & Mr Sengupta's Secretary	01284 713520
Mr McLoughlin's Secretary	01284 712549
Mr Keoghane Secretary	01284 713160
West Suffolk Hospital	01284 713000

Ask for the Urology Doctor on call if after 5.00 pm

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website www.wsh.nhs.uk and click on the link, or visit the disabledgo website:

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>