Trans-Rectal Ultrasound (TRUS) Guided Prostate Biopsy

I will have recommended a TRUS guided prostate biopsy for one of the following reasons:

- You have a higher than normal PSA level for your age,
- I have detected an abnormal feeling prostate on rectal examination,
- You have a significant risk of prostate cancer, taking in to account your age, PSA, prostate examination and any family history,
- You have had other tests which suggest a high chance of prostate cancer.

Before undertaking a TRUS biopsy, I will talk to you at length about the advantages and disadvantages of undergoing the procedure, and the implications of a positive result. I may also discuss the benefits of performing an MRI scan before your procedure.

Medication

You will be given a prescription at the time of your outpatients appointment for some antibiotics;

- Ciprofloxacin 500mg twice daily for 3 days – you should take the first tablet on the morning of your biopsy, and continue at 12 hourly intervals until finished
- Metronidazole (Flagyl) suppository – please bring this with you to your biopsy appointment when it will be administered at the end of the procedure.
- It is essential that you do not drink alcohol for 24 hours after the procedure as this will give severe side-effect by reacting with the Metronidazole.

How is a Prostate Biopsy done?

The procedure involves passing a small ultrasound probe into the back passage to visualise the prostate. I will then administer some local anaesthetic to numb the prostate, making the biopsies less painful. Whilst this is taking effect, I take some measurements of the prostate.
I then take a number of biopsies using a tiny needle which are sent immediately to the pathology laboratory for analysis. The whole procedure should take no more than fifteen minutes, and you will be able to go home or return to work soon afterwards.

Are there any side effects after Prostate Biopsy?

TRUS guided biopsy is a safe procedure. However, as with all invasive procedures there are some possible side-effects:

- You may see blood in your urine or motion for up to 2 weeks, and in your semen for up to 6 weeks,
- About 1:100 men will suffer from a blood infection, which may require hospital admission and antibiotics

There may be some discomfort after the biopsy, but this can usually be settled with everyday painkillers such as Paracetamol.

It is helpful to drink plenty after the biopsy as this will help to clear any blood in the urine.

If you have a high-temperature, or experience flu-like symptoms after the procedure, then you must see your G.P., or present to A+E immediately for assessment.

The analysis of the prostate biopsies usually takes about 10 days, and we will therefore make you an appropriate follow-up appointment to discuss the result.