

Patient information

Prostatic ultrasound and transperineal biopsy

This procedure is performed to assess how healthy the prostate gland is. During the procedure an ultrasound probe is inserted into your rectum (back passage). This scans the prostate and enables the doctor to take biopsies from the prostate gland. The biopsies are taken through the skin behind the testicles (the perineum).

Before the procedure

You will usually have had an MRI scan of your prostate to guide the doctor on the day of the scan.

The scan is performed using a **local anaesthetic**.

You do not need to stop blood thinning medications before the scan.

Have a supply of paracetamol and ibuprofen at home (if you can take them).

After the procedure

You will not be able to leave the hospital until you have passed urine. It is normal to notice blood in the urine. Occasionally you may pass blood clots. It is important to increase your fluid intake to help flush them out.

It is also normal to notice blood in your faeces when you have your bowels open.

It is normal to pass blood in your semen for up to 6 weeks after the procedure. As time goes by the colour will change from bright red to rusty brown.

When you get home

For 48 hours:

- Rest at home
- Do not travel out of easy reach of the hospital in case you need to contact us
- Increase your fluid intake
- Avoid demanding physical activity
- Maintain regular bowel movements
- Take regular painkillers if required

If you experience any of the following

- Uncontrolled bleeding
- Inability to pass urine and low abdominal pain
- Shivering, fever or frequency of passing urine
- Pain that is not controlled by taking painkillers

Contact the urology team on 01284 713000 and ask the operator to contact the urology team on call. At weekends, come to the Accident and Emergency department.

Outpatient's appointment

The biopsy results will be discussed with you at the outpatient appointment. This is usually two weeks after the procedure and will be sent to you through the post. We advise you to bring someone with you to this appointment.

If you require any further advice please contact the Urology secretaries on 01284 712549 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the surgical ward F5 on 01284 713262 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or the Urology Nurse Specialists on 01284 712735.

Or

NHS 111