

TRANSPERINEAL ULTRASOUND GUIDED PROSTATE BIOPSIES

What does this procedure involve?

An ultrasound probe is placed in the rectum to scan your prostate. Biopsies are taken from your prostate through your perineum (the skin between your scrotum and your back passage). This is performed under a general anaesthetic and local anaesthetic is placed under the skin.

An MRI is usually performed prior to the biopsy to help guide the surgeon where biopsies need to be taken.

What are the alternatives?

1. Observation with PSA surveillance: if the PSA continues to rise a biopsy would be recommended.
2. Transrectal ultrasound guided prostate biopsies: this older technique of biopsy has a higher rate of severe infection (sepsis) of 3-5%. The biopsy needle is passed through the wall of the rectum into the prostate.

What happens on the day?

Your urologist will review your history and medications and your bladder diary. You must let the staff know if you have any allergies, especially to latex. The procedure will be discussed with you again and consent obtained.

An anaesthetist will discuss a general anaesthetic with you. They will also discuss pain relief after the procedure. You may be given a pair of stockings to wear during the procedure to prevent blood clots.

Details of the procedure

- You will receive either a general anaesthetic
- You will be given antibiotics in your vein prior to the procedure
- You will be positioned with your legs in special supports to allow the surgeon to access your perineum
- Your prostate will be examined and then the ultrasound probe placed in the rectum
- A special grid is used to aid accurate biopsies. Targetted biopsies of any suspicious areas on your MRI will be taken
- The procedure takes 30-45 minutes
- You should be able to go home a few hours later, after you have passed urine.

Are there any possible after effects?

After Effect	Risk
Burning or discomfort passing urine	Almost all patients
Blood in your urine for up to 14 days	Almost all patients
Blood in your semen for up to 6 weeks	Almost all patients
Bruising in your perineal area	Between 1 in 2 and 1 in 10 patients
Prostate discomfort caused by bruising from the biopsies	Between 1 in 2 & 1 in 10 patients
Temporary erection problems	1 in 20 patients
Temporary inability to pass urine	1 in 20 patients
Passing clots in the urine	1 in 50 patients
Failure to detect a significant cancer	Between 1 in 10 & 1 in 50 patients
Need for a repeat biopsy if PSA continues to rise or biopsies are inconclusive	Between 1 in 10 & 1 in 50 patients
Infection in your urine requiring antibiotics	1 in 100 patients
Blood infection (sepsis) requiring emergency admission	Less than 1 in 100 patients (0.1%)

What can I expect when I get home?

- You will have blood in your urine for a few days
- Drink plenty of fluids to stop the bleeding
- You may have blood in your semen for up to 6 weeks
- You will be given a follow up appointment to be notified of your biopsy results and discuss if any treatment is needed
- If the bleeding in the urine does not stop or you are passing large clots please present to the Emergency Department
- If you are unable to pass urine you must present to the Emergency Department

GENERAL INFORMATION***Before the procedure***

Please let your urologist know if you are prone to urine infections.

You will be advised when to stop blood thinners before this procedure.

After the procedure

- Drink plenty of fluids for 24 hours after the procedure
- A follow up appointment may be made for you to discuss further treatment
- If you are discharged on the same day as your anaesthetic you may not drive home and must have someone pick you up
- You may return to work once you are comfortable

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Patient Information

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References

- The United Kingdom Continence Society
- British Association of Urological Surgeons
- The National Institute for Health and Care Excellence (NICE)