

TRANS-RECTAL ULTRA SOUND AND PROSTATE BIOPSY (TRUS & BIOPSY)

A TRUS and biopsy is an examination of the prostate gland using a rectal ultrasound scan. This instrument is carefully passed up just past the anus; whereby an ultrasound of the gland can be obtained. Antibiotics will be given for this procedure to prevent infection.

- **Why have a TRUS and Biopsy?**

This procedure is performed to assess the prostate gland in detail. It allows the size of the gland to be calculated and gives an indication of any abnormal areas. It is commonly combined with a prostate biopsy which will be sent off for analysis in the laboratory.

- **What are the alternatives?**

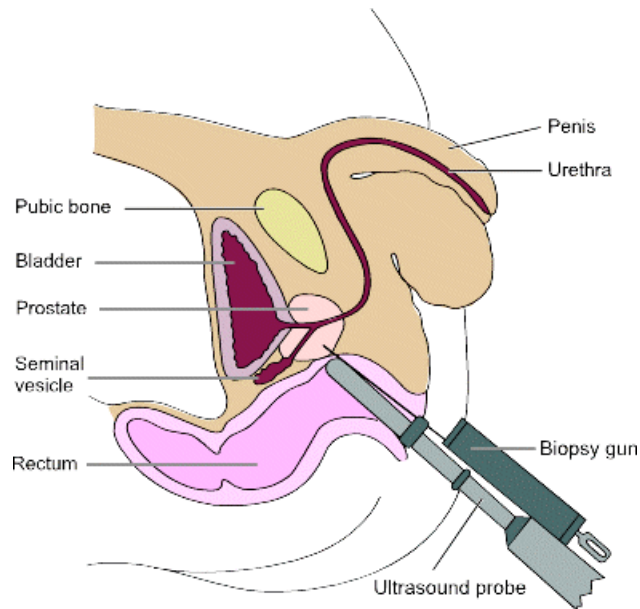
It may be essential to have a TRUS and Bx in order to diagnose your symptoms. The TRUS enables the doctor to assess the size and texture of the prostate that a digital rectal examination can not determine.

- **How is it done?**

You will be invited to discuss your condition and any questions you may have.

You will be asked to change into a gown and lie on your side on the couch. Lubricating jelly will be applied to your anal area to help keep you comfortable.

The examination involves passing a rectal ultrasound probe just into your back passage an ultrasound scan of your prostate will be carried out with a biopsy performed via the scope already inserted. The biopsy will be sent to the pathology labs that day.



TRUS PROCEDURE

The examination of your prostate will take no more than 15 minutes and during that time the doctor and nurse will talk to you and explain what is happening.

If a biopsy has been taken, the tissue is analysed by a pathologist. This may take up to 10 days. The results will be given to you at a follow-up appointment. To maximise confidentiality we are reluctant to discuss results over the telephone.

- **What happens afterwards?**

Although the test does not require any anaesthetic most men find it reassuring if a friend or relative accompanies them and is available to take them home.

You will be asked to finish the course of antibiotics. This helps to prevent infection.

It is not uncommon to experience bleeding. You will notice blood in your urine for up to 2 days, blood in the semen for up to 1 week and blood on wiping your bottom for a day or two. *This is normal but if you are concerned by the degree of bleeding or you develop a fever or shivering then **you should consult your doctor immediately.***

A letter explaining the findings will be sent to your GP.