

ULTRASOUND GUIDED NEEDLE BIOPSIES OF THE PROSTATE

What is this procedure and why am I having it?

Through PSA blood testing and examination, the doctor has determined that there is a possibility that you may have some prostate cancer. Taking biopsies or samples of the prostate will determine the presence and severity of any cancer. Ultrasound scans use sound waves to build up a picture of the inside of the body. To scan the prostate gland a small probe is passed into the back passage and the image of the prostate appears on a screen. This type of scan is used to measure the size and density of the prostate. A sample of cells (biopsy) can be taken at the same time for examination under the microscope by a pathologist.

You can choose to have this procedure as an outpatient or as an inpatient.

Before the Procedure

Doctor will give you a script for antibiotics. These antibiotics should be commenced the night before your procedure. Another tablet should be taken to the morning of your procedure and then again that evening. It is important that the remainder of the tablets should be taken each morning and evening until they are all gone.

For Inpatients only:

- If you are having this procedure as an Inpatient you will be having an anaesthetic. If you are taking any medications these should be made known to Dr Bergersen who will assess whether they need to be stopped. Blood thinners such as **Warfarin, Plavix and Aspirin must be stopped one (1) week prior** to the operation and may be restarted ?? afterwards.
- You must **fast (ie nothing to eat OR drink)** from midnight (if your procedure is in the morning) or from 7am (if your procedure is in the afternoon).
- If you are being operated on at the Sydney Adventist Hospital or North Shore Private, the hospital will call you the evening before to let you know what time you must arrive at Admissions on the day.

During the Procedure

An ultrasound probe is placed into the anus and rectum to visualize the prostate. It also allows for more specific and careful sampling from areas of concern. The "sampling" of prostate tissue cores is taken using a long needle. Both sides and all regions are sampled

If you choose to have this procedure as an outpatient, no anaesthetic is required and although the scan may be uncomfortable it only takes a few minutes. At the time of biopsy you will hear a loud clicking noise that may startle you momentarily. You will feel a slight sting as the needle passes but it literally happens in a split second.

A total of 8 to 24 cores are usually collected and sent to pathology for analysis.

The procedure itself only takes about 20 minutes.

After the procedure

Following a prostate biopsy you can expect to see some blood in the urine, bowel motions and in the semen. Any blood in the urine or bowel motions usually settles by a week although brownish discoloration of the semen can last for up to a month.