

# Prostate Biopsy

## Patient information

### Why a biopsy has been recommended

Your Urologist has recommended a biopsy of your prostate. The reason for this is to establish whether there is any sign of a significant prostate cancer. Prostate cancer is a common cancer effecting around 1 in 7 men in the UK. The risk of developing prostate cancer increases mainly with age and a suggestive family history.

### The techniques of prostate biopsy

There are two main biopsy techniques, Trans rectal ultrasound (TRUS) biopsy and Transperineal biopsy.

<b>TRUS Biopsy</b>	<b>Transperineal biopsy</b>
<ul style="list-style-type: none"> <li>• You will be given a dose of antibiotics prior to your biopsy.</li> <li>• You are awake for the procedure and a slim ultrasound probe is passed into the back passage to measure and visualise the prostate.</li> <li>• The biopsies are taken through the line of the probe.</li> <li>• Approximately 10-12 needle biopsies are taken after local anaesthetic is injected directly into the prostate.</li> <li>• This usually takes 10-15 minutes.</li> <li>• You can expect to be in the hospital for approximately 1 ½ hours in total</li> </ul> <p>This is the most commonly undertaken technique of prostate biopsy in the UK.</p>	<ul style="list-style-type: none"> <li>• You are asleep with a full general anaesthetic. It is undertaken as a day-case procedure (meaning you will most likely go home on the same day). Similar to a TRUS biopsy a slim ultrasound probe is used to guide the biopsies.</li> <li>• With this technique the biopsy needle passes through the skin between the scrotum and back passage.</li> <li>• Approximately 24 biopsies are taken (this number can vary).</li> </ul> <p>This technique is reserved for patients who have had inconclusive TRUS biopsies or as part of monitoring for known low-risk prostate cancer.</p>
<p><b>Principal risks:</b></p> <ul style="list-style-type: none"> <li>• Severe infection, less than 1%</li> <li>• Bleeding</li> <li>• Discomfort</li> <li>• Retention of urine</li> </ul>	<p><b>Principal risks:</b></p> <ul style="list-style-type: none"> <li>• Severe infection , less than 1%</li> <li>• Bleeding</li> <li>• Discomfort</li> <li>• Retention of urine</li> <li>• Anaesthetic risks</li> </ul>

## After the biopsy

Usually you will be able to go home once you are comfortable and are able to pass urine. The results take 2-3 weeks to return. We will arrange to see you when they are available.

We strongly advise that someone takes you home rather than driving yourself after your biopsy. If you have had a Transperineal biopsy (under a full general anaesthetic or spinal anaesthetic) then somebody must be at home with you overnight.

## Safety after the biopsy

Some side effects after the biopsy are very common (for example blood in the semen, discomfort and sometimes blood in the urine). They will usually pass. Blood in the urine should settle within a few days, blood in the semen can take over a month to settle. Drink plenty of water and complete the short course of antibiotic tablets you will be given.

**If you feel feverish, cannot pass urine or have heavy bleeding we suggest you go directly to your nearest Emergency Department; take any current medication with you. Severe infection after prostate biopsy is rare but must be treated in hospital.**

Avoid strenuous activity for 10 days after your biopsy; this reduces the chance of secondary bleeding. There are certain types of blood-thinning medication that you may have been advised to stop before the biopsy. These may be restarted based on the advice given to you by your Urologist.

Avoid long journeys and flights for 4 weeks before and after your biopsy.

## Contacting us

Please note that results cannot be given to you over the phone, and the person to whom you speak may not be able to tell you the exact time of your next follow up visit. Should the need arise, please contact:

Urology Nurse Practitioner via **main hospital switchboard: 01225 428331 - ask for the Urology Nurse Practitioner**

Urology Oncology Nurse Specialists: **01225 824250**. Or if your enquiry is about an appointment please contact: **01225 825990**

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Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656 / 826319.