


Transrectal ultrasound scan (TRUS) for prostate and biopsies

Whittington Health
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
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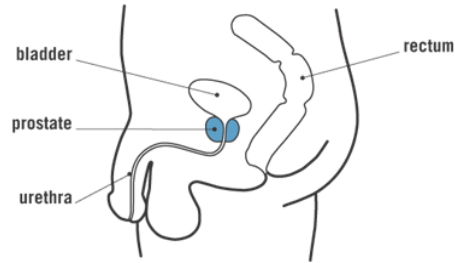
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A patient's guide



.... caring for you 

The prostate is a gland that lies at the base of the bladder and surrounds the urethra (the tube that carries urine from the bladder to the penis). Behind the prostate lies the rectum (back passage). The main function of the prostate is to make a fluid which nourishes sperm.



Why am I having an ultrasound scan of my prostate?

Following a discussion with your doctor you may be asked to have a trans rectal ultrasound scan (TRUS) and biopsies. This allows a detailed examination of the prostate and small biopsies (samples) of the prostate to be taken. These tests will help the doctor to decide if there is anything wrong with the prostate.

What does the procedure involve?

The procedure is usually carried out under local anaesthetic. The doctor will insert an ultrasound probe into the back passage which scans the prostate and produces an image on the computer screen. If biopsies are needed a fine needle is inserted into the prostate and usually eight - 12 samples are taken.

Does the procedure hurt?

The procedure may be uncomfortable but should not be painful. Local anaesthetic is given to help reduce the discomfort. If you are finding the procedure very painful you should let the doctor and nurses know.

Before, during and after the procedure

If you take any medications that thin the blood (warfarin, aspirin, clopidogrel) you should let us know as soon as possible as these should be stopped 1 week prior to your procedure. You may eat and drink as normal.

You will be asked to lie on a couch on your left hand side with your knees drawn up to your chest. The doctor will examine the prostate through the back passage before inserting the ultrasound probe. If biopsies are needed, some local anaesthetic will be given in the area then a fine needle will be used to take the biopsies. The procedure usually takes 15 - 20minutes.

You will stay with us for about an hour after the procedure. We will ask for a urine sample from you to check the colour of your urine. The doctor will prescribe you antibiotics to take home to reduce the chance of you getting an infection. Most men feel that they are able to drive home after the procedure but if you are worried you should arrange for someone to collect you. When you are at home you should take it easy for the first 48 hours. Drink plenty of water and avoid constipation.

You may see some spots of blood in your underwear or blood in your urine which is normal but if you experience heavy bleeding please contact your GP or return to the Whittington Hospital emergency department.

What are the risks?

Common

- Blood in urine, stool or semen (blood in semen may last up to six weeks)
- Urinary tract infection
- Discomfort, this usually settles with paracetamol

Occasional

- Infection requiring antibiotics
- Bleeding forming clots
- Inability to pass urine requiring a catheter
- The procedure may be repeated if the biopsies are inconclusive

Getting the results

The results of the biopsies usually take two weeks to come back to us. You will be sent an appointment in the post for you to come and see us in clinic to discuss the results.

Points of contact

If you have any further questions or need more information please contact the Urology nurse specialist on 020 7288 5772, Monday – Friday 9.00 am – 5.00 pm.