



Urology
WAIKATO



Prostate Biopsy

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Why have a Prostate biopsy?

A prostate biopsy will have been recommended if your

- PSA was elevated
- The rectal examination was abnormal or wrong
- The PSA is too high for the volume of the prostate gland.
- Or for follow-up of patients on active surveillance for low volume low grade prostate cancer.

The decision to have a biopsy may have been influenced by a strong family history of prostate cancer. It is common in my practice to have had an MRI of the prostate before the biopsy.

How is a prostate biopsy performed?

Prostate biopsies can be performed either through the rectum or through the skin under the scrotum. If carried out through the rectum then this is called a transrectal biopsy if through the skin a transperineal biopsy. This

brochure describes the common transrectal biopsy (TRUS).

What is a trans-rectal prostate biopsy?

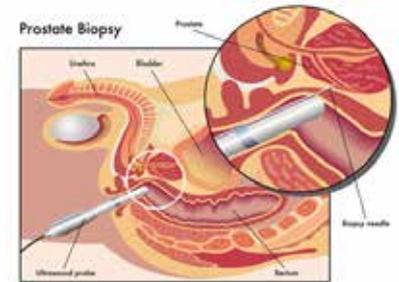
A transrectal (TRUS) prostate biopsy is done with you awake lying on your side. Local anaesthetic is put around the prostate before the biopsy. This is left for 5 minutes before the biopsies are taken. An ultrasound probe looks at the prostate and a series of biopsies with an automated biopsy gun are then taken. The MRI pictures will be used to guide the sites biopsied.

The biopsy gun fires a thin needle into the prostate and the needle takes a tiny sliver of tissue each time from the prostate. These biopsies are then sent off to a pathologist to look at. The procedure is usually more uncomfortable than painful.

Will it hurt?

If the local anaesthetic is left long enough most people feel an uncomfortable sensation more like a

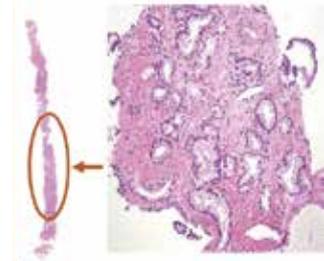
Transrectal (TRUS) biopsy



Ultrasound



Prostate cores sent to pathologist



kick in the backside than true pain. I always leave the local to work for 5 minutes before the biopsy. Sometimes the local itself is more painful than the procedure. If you have anal stenosis (that is a very tight bottom) and cannot tolerate a rectal examination then a TRUS biopsy will require sedation or a general anaesthetic.

Can I drive after?

Yes, after a TRUS guided biopsy most people can drive. I always think it is a good idea to take the day off work and rest afterwards. If I have indicated before the biopsy that you will need sedation then you will need a driver.

What can go wrong with my biopsy?

With all biopsies, there is a risk of bleeding and infection. Before your biopsy you should have had a rectal swab taken to look for resistant bacteria. If these are present, then

the antibiotic you take will be changed to cover for the bacteria detected. With this new approach the risk of infection is very very low.

If you develop feelings of

- Shivering,
- Shaking or
- Fevers

Then you should see your doctor, Michael Holmes or the hospital emergency department that day, (that is please do not delay).

What do I need to do before my biopsy?

Usually 2 hours before your biopsy you should take

- 2 antibiotic tablets and
- have a small enema.
- The enema is to clear out the rectum to ensure the pictures taken during the ultrasound are as clear as possible.
- 2-3 paracetamol tablets.

If you are travelling to your biopsy from a distance away then please

ignore the 2 hours before biopsy instruction and take the enema at least half an hour to forty-five minutes before travelling so that the effects can be over before you start driving.

Further information can be found

- http://www.hopkinsmedicine.org/healthlibrary/test_procedures/urology/prostate_biopsy_92,P07710/
- http://www.youtube.com/watch?v=g_KO8y2qtNo



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