

EURACARE

PATIENT INFORMATION FORM

PROSTATIC ULTRASOUND AND BIOPSY

What is prostatic ultrasound and biopsy?

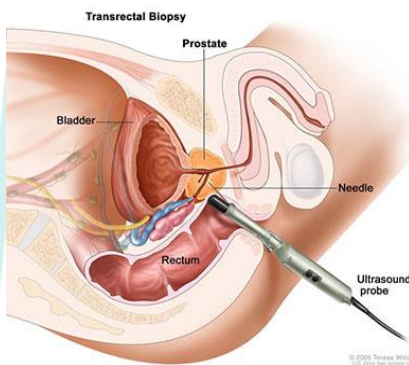
Ultrasound uses harmless sound waves to give us pictures of the prostate and allows us to accurately guide a biopsy needle to areas of concern. Indications for prostate biopsy include suspicion of cancer either by suspicious finger exam of the prostate or by elevation of a prostate cancer screening blood test (PSA).

How to prepare for prostatic ultrasound and biopsy?

- Please do not take Aspirin or NSAID (diclofenac, brufen etc.) for 7 – 10 days before the biopsy
- Oral antibiotic prescription will be given. Drug must be started BEFORE the biopsy. Please take one tablet the night before the biopsy (at bedtime), and the second on the day of the biopsy, 2 hours before your procedure.

What to expect during the procedure?

The procedure is done under local anaesthesia which makes taking the biopsies not painful. Initially a complete finger exam is done. Next the ultrasound probe (finger-like in size and shape) is placed into the rectum and slightly moved around to obtain different views. A spring loaded fine needle is placed through the probe and aimed directly at areas where cancers may arise from. 10 – 14 biopsies may be taken. the procedure may last 20-30 minutes.



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What happens afterwards?

There may be soreness around the rectum for up to one hour. Blood may also be noticed in the urine and stool for few days, and in the semen for up to a month or more. Prostate and urine infections may occur even with antibiotic prophylaxis.

Post procedure instructions:

1. Increase your fluid intake for the next 1 – 2 days to decrease the formation of blood clots in your urine. If your urine is completely clear for the after a short while, you will probably not have to worry about this. However, it is normal to have some spotting in the urine (blood) for the first week, or even a month.
2. You may experience discomfort in the rectum or base of the penis. This is normal and should be of no concern. In addition, you may have a small amount of blood in your stool as well.

3. You may also notice blood or discoloration in your semen if you are sexually active. This is also normal and may last for few weeks or even months, until the blood is cleared out of your prostate.
4. Limit your activity, particularly strenuous ones, for 24 hours. Complete bedrest is advised.

Finally:

Some of your questions should have been answered by this leaflet but remember that this is only a starting point for discussion about your treatment with the doctors looking after you. Make sure you are satisfied that you have received enough information about the procedure.

Giving my consent (permission):

The staff caring for you will ask your permission to perform the procedure. You will be asked to sign a consent form that says you have agreed to the procedure and that you understand the benefits, risks and alternatives. If there is anything you don't understand or you need more time to think about it, please tell the staff caring for you.

