

## Day Procedure Unit

### Transrectal Prostatic Ultrasound & Biopsies (TRUS) under General Anaesthetic

This leaflet gives information for patients who are undergoing a TRUS operation under General Anaesthetic (this means you will be asleep for your procedure). It is intended to be used as a guideline only. Please check with your surgeon for more specific information.

#### Before the Operation

You will be asked to attend the pre-operative assessment clinic prior to admission to ensure you are fit for surgery. You will be seen in the pre-operative clinic by the nurse for any necessary tests, which may include; blood tests, urine sample, and/or a cardiogram (ECG). If you are unlikely to require any pre-operative tests your assessment may be carried out by telephone.

You will be admitted on the day of surgery unless there are any medical reasons which may require you to be admitted the day before the operation. On your arrival to the ward you will be given some antibiotic tablets to take at least 1 hour before your operation.

#### The Operation

The operation involves using an ultrasound probe that is passed into the back passage (anus), which scans the prostate to produce a picture that can be seen on a television screen or printed onto paper. The ultrasound is used to guide the needle for the biopsies. The biopsies are taken with a fine biopsy needle inserted into the prostate through the rectal wall. It is normal for up to 30 biopsies to be taken.

This test can confirm or exclude the presence of prostate cancer.

#### After the operation

Despite having antibiotics prior to the procedure, a few people still get an infection following a biopsy. If infection does occur, it can feel like flu symptoms and may make you feel quite ill. If you develop a fever or shivering please contact your GP immediately.

You should take it easy at home and not drive for 48 hours. Avoid long journeys for 1 week. Avoid any strenuous exercise and sexual activity for 3-4 days.

Drink twice as much fluid as you would normally for the first 48 hours after the biopsies but avoid alcohol.

Maintain regular bowel movements and avoid constipation or straining.

Patient Information Leaflet for: Transrectal Prostatic Ultrasound & Biopsies (TRUS) under General Anaesthetic

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Any discomfort in the prostate area can usually be relieved by simple painkillers such as paracetamol. If there is a lot of bleeding in the urine or from the back passage especially with clots of blood contact your GP.

## **What are the risks and complications?**

### Common (greater than 1 in 10)

- Blood in the urine.
- Blood in the semen this may last for up to 6 weeks but is perfectly harmless and poses no problems for you or your sexual partner.
- Blood in the stools.
- Urinary infection (10% risk).
- Sensation of discomfort from the prostate due to bruising.
- Haemorrhage (bleeding) causing an inability to pass urine (2%).

### Occasional (between 1 in 10 and 1 in 50).

- Blood infection (septicaemia) requiring hospitalisation (2% risk).
- Haemorrhage (bleeding) requiring hospitalisation (1% risk).
- Failure to detect a significant cancer of the prostate, the procedure may need to be repeated if the biopsies are inconclusive or your PSA level rises further at a later stage.

### Rare (less than 1 in 50)

- Inability to pass urine (retention of urine).

## **Getting the results**

Because the analysis needs to be very carefully carried out, results are not usually available for 7-10 days.

At the time of your biopsies we will discuss with you the most convenient way for you to receive your results.

## **Points of Contact**

If you have any other questions, or require more information prior to your operation, please contact the Uro-oncology Nurse Specialists on 01603 289845 or 01603 286286 and ask for bleep 0912 between the hours of 08.30 to 1630 or leave a message on their answer machine. You will be given contact details for post-operative advice on the day of your procedure.

## **Useful contacts for further information**

For help giving up Smoking: contact Smokefree Norfolk local freephone 0800 0854 113 or [www.smokefreenorfolk@nhs.uk](mailto:www.smokefreenorfolk@nhs.uk) or email [smokefreenorfolk@nchc.nhs.uk](mailto:smokefreenorfolk@nchc.nhs.uk)

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Prostate Cancer UK Cambridge House

100 Cambridge Grove

London W6 0LE Tel: 0208 222 7622

Web address: [www.prostatecanceruk.org](http://www.prostatecanceruk.org)

Anaesthetic Website: [www.youranaesthetic.info](http://www.youranaesthetic.info)

NHS 111 is available 24 hours a day, 365 days a year. You can call 111 when you need medical help fast, but it's not a 999 emergency.

MacMillan Cancer Support

Tel: 0808 808 0000

Web Address: [www.macmillan.org.uk](http://www.macmillan.org.uk)

