

Ultrasound and biopsy of the prostate



You are about to undergo this procedure. Read the entire fact sheet to know how it's done, how to prepare for it, and what to watch out for afterwards.

Why do I need this procedure?

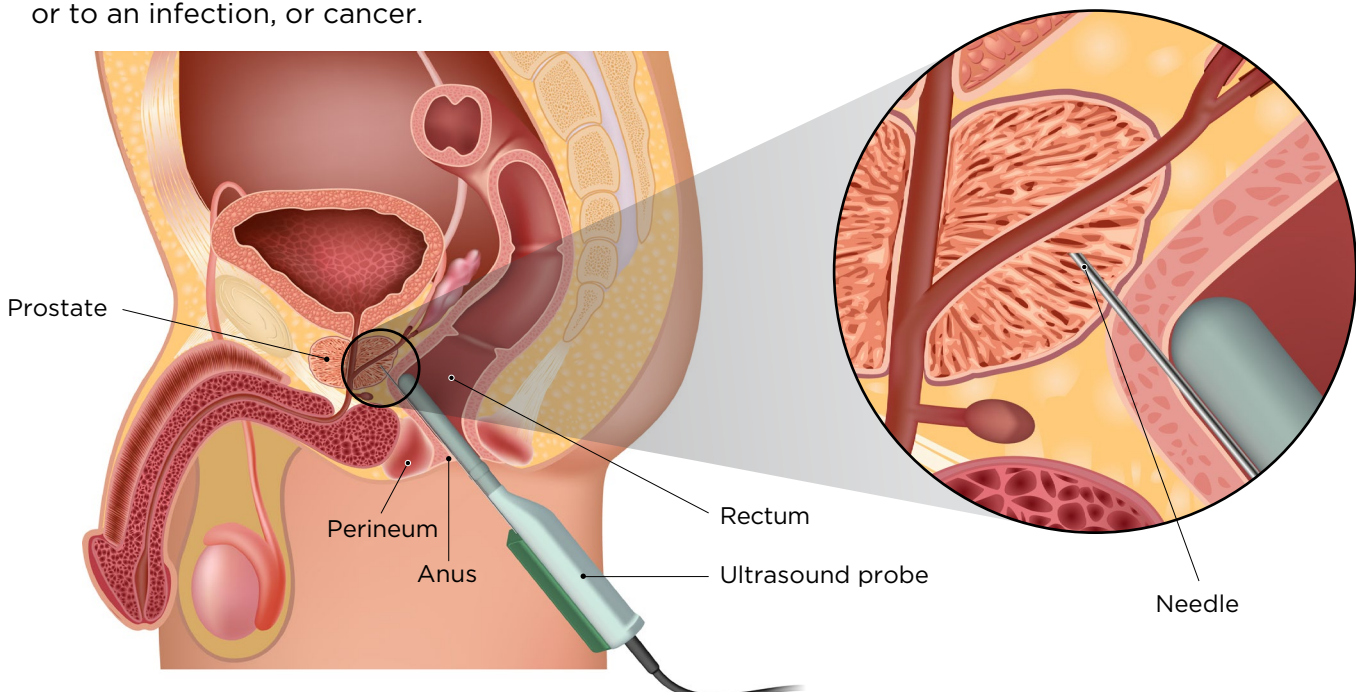
Your doctor may have ordered it because:

- They have found an abnormality in your prostate.
- There is a high level of a protein produced by the prostate, called prostate-specific antigen (PSA), in your blood.
- You have prostate cancer and the doctor wants to follow its progress.

This test will help your doctor to find the cause of any abnormality and to tell whether it's due to an increase in prostate size without cancer, or to an infection, or cancer.

How is this procedure done?

- > **Ultrasound:** A probe is inserted into the rectum and sends out sound waves. The echoes of these sound waves produce images that make it possible to measure the size of the prostate and assess its texture. If the probe can't be inserted into the rectum, it will be done in the area between the genitals and the anus called the perineum (see box on page 3).
- > **Biopsy:** Using a needle attached to this probe, small pieces of the prostate are removed for analysis.



What are the risks of this procedure?

There can be an infection of the prostate after the biopsy. As a preventive measure, you'll be given antibiotics before the procedure.

How should I prepare for it?



The exam may be cancelled if you do not follow these guidelines:

- > If you're taking any anti-inflammatory medications (e.g. aspirin, Motrin, Advil, naproxen, Celebrex, etc.), stop them at least 7 days before the biopsy. Ask your pharmacist whether you need to stop any other medications.
 - > If you're taking any blood-thinning medications (e.g. Coumadin, Xarelto, Eliquis, Plavix, Pradax), they must be stopped before the procedure. Your doctor will tell you when to stop taking them.
 - > Stop taking natural products and glucosamine 1 week before.
 - > Start taking the antibiotics as prescribed.
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- > Tell your doctor if you have any medication allergies.
 - > Eat a meal before the procedure.
 - > Come with someone who can accompany you home. You may feel sick or dizzy from the pain medication used during the procedure. You won't be able to drive a car, motorcycle, bicycle, etc.



You must notify the Urology Clinic at **514 890-8000, ext. 36411** if you:

- are taking warfarin (Coumadin)
- have a heart murmur
- have had an operation to replace a valve in your heart
- have had an orthopedic prosthesis fitted within the past 2 years

If this is your case, you'll need to have a blood test or be given antibiotics through a vein before the procedure.

What happens during the procedure?

- A gel is put into your rectum to make it insensitive to pain (local anesthesia).
- The ultrasound probe is then inserted into the rectum through the anus. You'll feel some discomfort, but no pain.
- A fine needle is passed through the mucous membrane of the rectum. A medication is injected to make the prostate insensitive to pain.
- Using another needle and an instrument (biopsy gun), a piece of tissue is taken from the prostate. This is done in different places. Usually 12 pieces are taken. The sound of the biopsy gun may startle you.

How long does the procedure take?

It takes about 15 minutes. You should plan to be at the hospital for an hour and a half.

When and where do I go for this procedure?

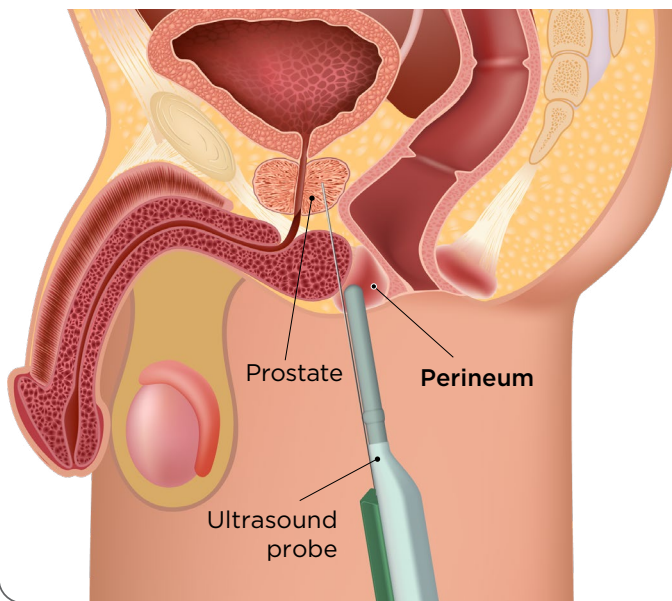
To the CHUM Urology Clinic.
Pavillon C, 2nd floor
1000 Saint-Denis Street
Montréal (Québec) H2X 3E4

Arrive 15 minutes before the time of your procedure.

Prostate biopsy through the perineum (transperineal)

In rare cases, the ultrasound probe can't pass through the rectum. This may be the case if you have a narrowing (stenosis) of the anus or rectum or have already had an operation on these parts of the body.

In such cases, a small opening is made in the perineum and the biopsy is done through that.



The incision is then closed with dissolvable stitches. They will go away by themselves within 3 weeks after the procedure.

24 hours after the procedure, the incision can be washed with soap and water. To dry it, blot it gently.

If you feel pain in the incision, take acetaminophen (Tylenol) to relieve it.

Don't exert yourself for 48 hours after the procedure.

Call a nurse from the Health Patient CHUM Hotline (ligne Santé Patient CHUM) at **514 890-8086** if you have any of the following signs of wound infection:

- redness
- swelling
- increasing pain
- yellow or greenish discharge

What should I expect after the procedure?

- > You may feel dizzy and have less energy for up to 24 hours after the biopsy because of the medications you received (anesthetic, antibiotic).
- > If you have pain after the procedure, you can take acetaminophen (Tylenol) if needed.
- > You should be able to return to work and your usual activities the next day



Be sure to take the antibiotics prescribed by your doctor until the end, even if you don't have an infection.

What signs should I watch for?

For 1 to 4 weeks after the biopsy, it's common to see a little blood in the urine, stool, and semen.

It's normal for a few days to have some difficulty urinating or a burning sensation when you urinate.

However, go quickly to the nearest emergency room if:

- You have a fever over 38.5 °C (101.3 °F) or chills
- You're not able to urinate
- You have a lot of blood or blood clots in your stool or urine



How will I be followed up?

The specialist (urologist) who saw you will give you the results 4 to 6 weeks after the procedure, at your follow-up appointment. Make sure you have an appointment within this time frame. If not, contact the clinic where you're being followed to get one.

What should I do if I need to cancel or change my appointment?

Contact the Urology Clinic secretary at:
> 514 890-8000, ext. 36411

Who can I talk to for help or to ask questions?

For any question related to a health concern, you can call a nurse at Health Patient CHUM Hotline (ligne Santé Patient CHUM).

> 514 890-8086

This service is available 7 days a week, 24 hours a day. When calling, be sure to have your health insurance (RAMQ) card on hand.



USEFUL RESOURCES

Canadian Urological Association:
> cua.org

About prostate cancer: PROCURE
> procure.ca/en

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our website
chumontreal.qc.ca/fiches-sante



Questions



Resource people and contacts

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca

