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PROCEDURE EDUCATION LITERATURE

Transrectal Ultrasound Prostate Biopsy

VUA literature is designed to educate and empower our patients to participate in their healthcare. We hope that you will read this set of information so that you can be more informed about the procedure that you are going to undergo. Please, if you still have any further questions or concerns, do not hesitate to contact the physician to ensure everything is thoroughly explained.

INTRODUCTION

Transrectal ultrasound is an office-based procedure that uses a small ultrasound probe that is placed inside the rectum to get access to the prostate gland, which sits at the base of the bladder. This device also guides placement of a biopsy needle that is used to biopsy the prostate gland. The purpose to do this procedure, or indication, is that we are able to get biopsy core samples (usually 12) of the prostate gland to evaluate an elevated PSA. The procedure takes just a few minutes and can be done using local injected medication (lidocaine) around the prostate to minimize discomfort.

THE PROCEDURE

Diet	There is no need to fast or not eat. We recommend eating a light meal the morning of the procedure
Position	You will be lying on your side with your knees bent slightly.
Preparation	Please undergo an enema to cleanse the rectum the morning prior to the procedure, and start antibiotics the day before the procedure
Duration	It will take about 5 minutes or sometimes more if a biopsy is needed
Biopsy	The specimen will be analyzed and will take up to 2 weeks
Pain	The initial feeling is the placement of the ultrasound probe that will be uncomfortable. You will then have a slight pain with the injection of the anesthetic around the prostate. During the procedure, there will be twelve biopsy cores taken, with each feeling like you were sitting on the bicycle seat and have just ridden your bike over a rock.

AFTER THE PROCEDURE

Diet	Please drink a lot of fluids
Antibiotics	We generally prescribe 3 more days of antibiotics to prevent an infection
Color of urine	Your urine may be cranberry clear or wine colored but will usually clear
Pain	You will feel burning during urination for a few voids, but will usually clear
Results	We have to send the specimen to the lab for processing. Please make an appointment in 2 weeks. We generally, as a policy, do not give biopsy results over the phone. No news IS NOT good news, and <u>you are accountable</u> if you do not return to the office for your results.

Complications	These problems can happen, although we try to prevent them. They are usually rare and include but are not limited to: bleeding requiring hospitalization, severe infection requiring ICU monitoring, retention of urine or inability to urinate afterwards requiring a temporary catheter, passage of blood clots, severe rectal bleeding and extremely rare but reportable minute, numerable risk of mortality.
At home	If you have any of these symptoms, go back to the ER: fever above 101F, inability to urinate, passing blood clots, severe nausea, vomiting, severe abdominal pain, flank pain, leg swelling, chest pain, shortness of breath.

