

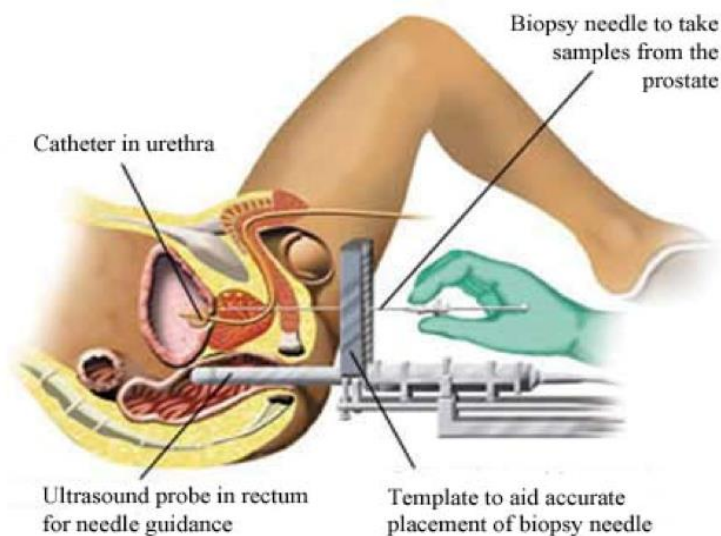
## **PROSTATIC ULTRASOUND AND TRANSPERINEAL PROSTATE BIOPSY (TPB)**

A Transperineal Ultrasound-Guided Prostate Biopsy (TPB) is an investigation used to biopsy the prostate when your Urologist needs to look for, and potentially diagnose, prostate cancer. It is an alternative to Transrectal Biopsy (TRUS). In general, a biopsy is performed in men with an abnormal or rapidly increasing PSA, a palpable abnormality on a digital rectal examination (DRE), or an abnormality on MRI.

TPB is a more complex procedure than a Transrectal Biopsy, but can allow access to areas of the prostate that are difficult to biopsy through the rectum. Unlike for TRUS biopsy, with TPB your Urologist can target the zone of interest seen on MRI with real-time ultrasound fusion, increasing the accuracy of the biopsy. Additionally, in bypassing the rectum, Transperineal Biopsy has 10x lower risk of infection than TRUS biopsy.

TPB involves using an ultrasound probe inserted via the rectum, which generates images used to guide the biopsy needle. Biopsies are taken through the perineal skin using a special grid, as per the below diagram. The number of samples taken depends on the size of the prostate and if a patient has previously been biopsied.

The procedure is performed in a day surgery under a general anesthetic.



### **BEFORE YOUR BIOPSY**

**ANTIBIOTICS** – You will be given a course of oral Ciproxin or Keflex to commence prior to your procedure. This script will be given to you, at the time that your booking is made.

**MICROLAX ENEMA** – You are required to self-administer a Microlax enema during the morning of your procedure, prior to arriving at the hospital. If you have not opened your bowels please inform the nurse on arrival so that a second dose can be given.

**BLOOD THINNERS** – Please advise the Urologist if you are currently taking blood thinning medication, such as, Warfarin, Plavix, Apixaban, Eliquis and Aspirin. Also advise your doctor if you are taking Non-steroidal anti-inflammatory medications, (NSAIDS). Your doctor will instruct you if you are required to stop these medications.

## **WHAT TO EXPECT AFTER THE BIOPSY**

- You will normally go home once you are able to pass urine. Sometimes (<5%) a temporary catheter needs to be placed overnight if you cannot pass urine.
- You will be given antibiotics to take home, you must complete the prescribed course.
- Rest at home for the first 48 hours.
- Increase your fluid intake (water is best).
- Make sure that your bowels open regularly with use of stool softeners if required.
- Avoid strenuous exercise or demanding activities for one week.
- Simple pain relief, like Panadol, should be taken for discomfort. NSAIDS (Ibuprofen, etc.) can also be used post TPB.
- Medications - If you were instructed to stop blood thinning medication before your biopsy, please ensure that your Urologist has advised you when to recommence these medications

## **SIDE EFFECTS and COMPLICATIONS**

All procedures have the potential for side effects.

Common side effects include:

- Blood in the urine, this should be mild and resolve within a few days
- Blood in the semen, which can continue for up to 12 weeks. The semen will be 'brownish' in colour, but is not harmful to you or your partner.
- Bruising, there may be some bruising behind the scrotum, and you may notice mild discomfort in the perineum area. Symptoms should disappear within a week.

Rare Side effects include:

- Blood when passing a stool
- Infection in the urine
- Difficulty or inability to pass urine
- Sepsis (infection spreading into the bloodstream). Symptoms can include, feeling unwell, a high temperature, chills and shaking. While this is rare (<0.5%), it requires immediate attention. Please contact your Urologist immediately or present to the closest Emergency Department.

*Not all potential complications have been listed, and you must talk to your Urologist about complications specific to your situation.*

## **FOLLOW UP / RESULTS**

The biopsies can take up to one week to process. The practice will contact you as soon as we have the results, and arrange an appointment for you.

## **CONTACT DETAILS**

Riverina Day Surgery	02 6925 6256
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