



Te Whatu Ora

Health New Zealand

Transrectal Ultrasound (TRUS) Guided Prostate Biopsy

Patient Information Sheet

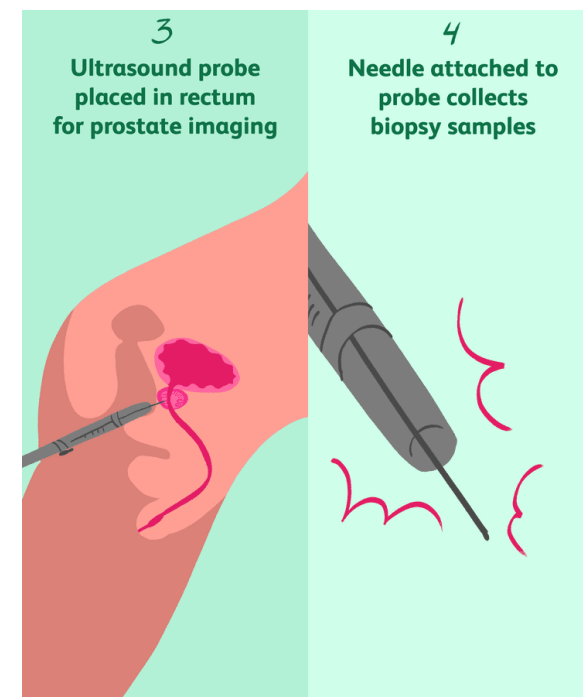
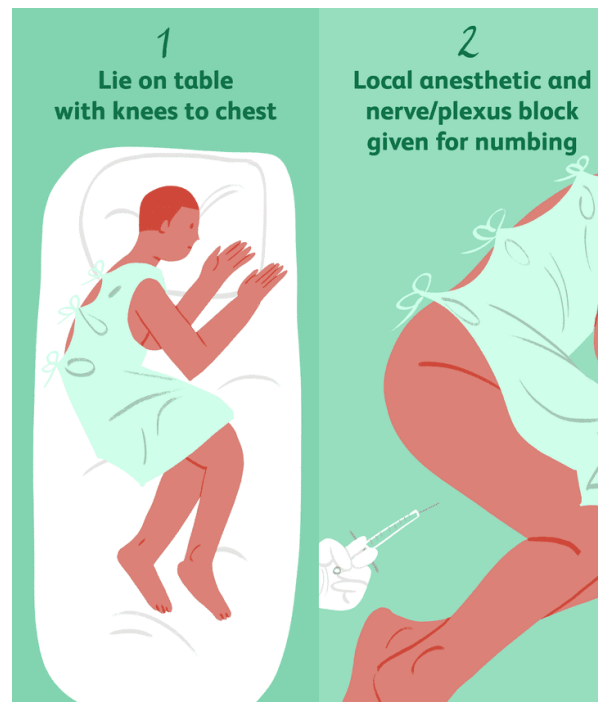
Manukau Health Park -Urology

Why do I need this procedure?

Your Urologist has recommended that you undergo a TRUS-guided prostate biopsy to help determine the presence of possible cancer in your prostate.

What is a TRUS-guided prostate biopsy?

During this procedure, the doctor will pass a small ultrasound probe into your rectum. A needle will be passed through the probe to inject medication to numb the area. Samples will be taken from the prostate once the area is numbed. These samples are sent to the laboratory and viewed under a microscope to see if prostate cancer cells are present. A prostate biopsy could be slightly uncomfortable. Most men cope with the procedure very well.



TRUS-guided prostate biopsy procedure under Local Anaesthesia

What should I do before the biopsy?

AS SOON AS YOU RECEIVE YOUR APPOINTMENT LETTER - Go to your local Labtest to do a urine test.

A lab form will be ordered online for you.

IF YOU ARE TAKING ANY BLOOD THINNERS, FOLLOW THE ADVISE BELOW:

•**Stop taking CLOPIDOGREL 7 days before your appointment.** Before you stop taking CLOPIDOGREL contact your GP to ensure that you can do so.

•**Stop taking WARFARIN 5 days before your appointment.** Go to your local Labtest to do an INR blood test 2 days before your appointment.

•**Stop taking TIGACRELOR (BRILINTA) 3 days before your appointment.**

•**Stop taking RIVAROXABAN (XARELTO) or PRADAXA (DIABIGATRAN) 2 days before your appointment.**

If your appointment is cancelled or rescheduled and you have already stopped taking Warfarin/Dabigatran/Tigacrelor/Rivaroxaban, restart it immediately. You will need to stop it again as per instructions above before your new appointment.

On the day of the appointment:

- **Ask** your family or a friend to drive you home from your appointment
- **Bring** a list of your medications
- **Have** a normal breakfast and a light lunch
- **Use the Micolette Enema at least 30 minutes before you leave home for your appointment.** Please ensure you have passed your stool /moved your bowels prior to leaving home as the prostate biopsy procedure requires you to have clean bowels.

When will I get my results?

You will receive a follow up appointment in the mail for results. **If you do not hear from us within six weeks, please contact your GP.**



What can I expect after the biopsy?

Following the biopsy:

- **Do not perform any activity that requires heavy lifting or straining for 2 days.**
- **You may see a small amount of blood in your urine, semen or when you have a bowel movement** (from rectal bleeding) for several days following the biopsy.
- **Drink plenty of liquids for 1 to 2 days to clear your urine.**

If you experience fever, chills, fatigue, difficulty urinating, or if the bleeding gets worse, go to the nearest hospital emergency department (either Middlemore Hospital or Auckland City Hospital).

Patient Code of Rights

YOUR CODE OF RIGHTS

- Respect and Privacy
- Fair Treatment
- Dignity and Independence
- Proper Standards
- Effective Communication
- Information
- Your choice and decisions
- Support
- Rights during teaching and research
- Your complains are taken seriously

Contact

Outpatient appointments and surgical
booking enquiries

Ph (09) 277 1660

customerservice@middlemore.co.nz

Manukau Health Park

901 Great South Road Manurewa Auckland

www.countiesmanukau.health.nz

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