

# Transperineal Prostate Biopsy under Local Anaesthetic

An information guide



# Transperineal Prostate Biopsy under Local Anaesthetic

This leaflet explains the process of having a prostate biopsy through the perineum under local anaesthetic. It should answer your questions however if you have further questions please speak to the doctor or nurse who you saw in clinic.

## What is a prostate?

Prostate glands are only found in men and are about the size of a walnut. Your prostate is just below your bladder and surrounds the tube that your urine passes through. Your prostate is in front of your rectum. The prostate makes the fluid that mixes with sperm to make semen. The Prostate produces a substance called Prostatic specific antigen (PSA), this can be measured in a blood test.

## Why do I need a Prostate biopsy?

There are a number of reasons why you might have been advised to have a prostate biopsy:

- You may have had a blood test showing a high level of PSA, this is a protein that is released into your blood from your prostate gland. High levels of PSA may indicate prostate cancer .
- Your doctor / nurse specialist may have found a lump or abnormality whilst examining your prostate through your rectum (back passage), this is known as a digital rectal examination (DRE).
- You may have had an MRI scan of the prostate that may have shown abnormal areas in your prostate. A prostate biopsy aims to clarify whether the abnormal areas are cancerous or not.
- You may have a known diagnosis of prostate cancer that has not required treatment and your doctor / nurse specialist might have recommended you enrol in active surveillance of the

prostate cancer. This involves PSA testing, MR scans and prostate biopsy periodically over a period of time.

The biopsy can find out whether any of your prostate cells have become cancerous or, if you have pre-existing cancer, whether the cancer has changed. It can also diagnose other conditions such as benign prostatic hyperplasia (enlargement of the prostate), prostatitis (inflammation of the prostate, usually caused by a bacterial infection)

### **Is there an alternative to prostate biopsy?**

Occasionally the doctor / nurse specialist may recommend observation and regular PSA blood test instead of the prostate biopsy if the suspicion of prostate cancer is low. Generally if there is a suspicion of cancer and if your body is fit to undergo the procedure a biopsy will be recommended.

These procedures are carried out routinely under Local anaesthetic (this numbs the area but are awake), if you would prefer sedation / general anaesthetic please discuss this with your doctor / nurse specialist.

### **Before the biopsy**

The doctor or specialist nurse will explain why you need the biopsy and how the biopsy will be performed. They will discuss the risks and benefits, and answer any questions you have.

You must let the doctor / nurse specialist know if you are taking anti-coagulants or antiplatelet tablets (blood thinners) including:

- Aspirin (Aspirin 75mgs is OK to continue taking)
- Warfarin
- Clopidogrel
- Rivaroxaban
- Dipyridamole
- Ticagrelor
- Prasugrel

- Sinthrome
- Dabigatran
- Apixaban

**You will be advised if you need to stop taking your medication, how long for and when to start taking them again.**

Please inform the doctor / nurse specialist if you have:

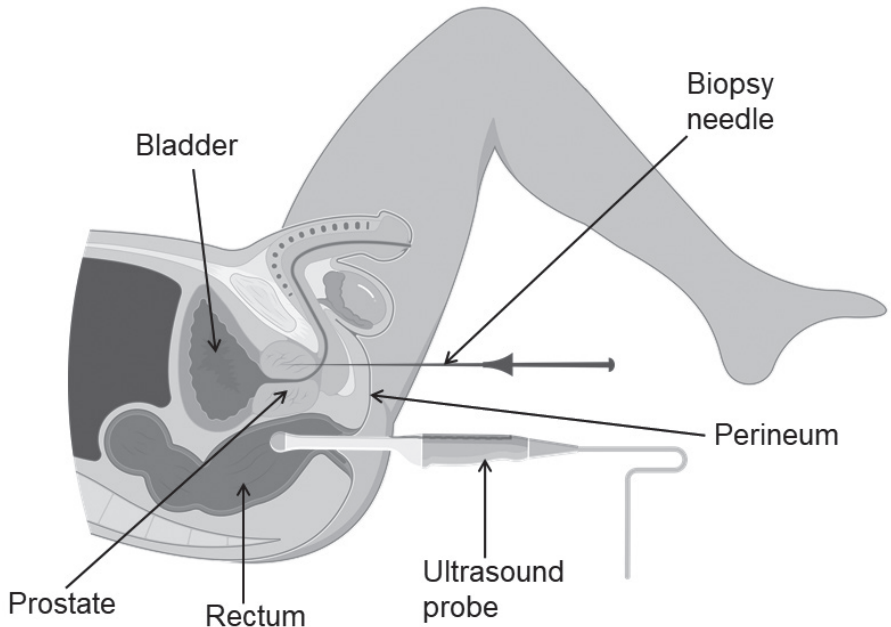
- Allergies to any medication, including anaesthetic.
- Ever had bleeding problems.
- An artificial heart valve .

### **On the day or your biopsy**

- It is advisable that you don't drive immediately after the procedure and that you arrange for someone to pick you up rather than going home on public transport if possible.
- Eat and drink as normal.
- If you are currently taking antibiotics or have a urine infection – tell the doctor or nurse specialist.
- You should continue to take your medication as usual, except for any blood thinning medication you have been asked specifically to stop for the biopsy.
- A urine sample will be required. A sample pot will be given to you on arrival at the department.
- You will be asked to sign a consent form on the day of your procedure, it is important that you have read this leaflet and are fully aware of the procedure and any complications that may arise from it. If you have any questions about the procedure before signing your consent form please ask the doctor / nurse specialist.
- You will be given antibiotic tablets to take 30 – 60 minutes before the biopsy.
- You will be asked to wear a hospital gown.
- The biopsy takes approximately 30 minutes but you maybe in the department up to 3 hours.

## How is the biopsy performed?

- You will lie on the examination couch and your legs will be raised. Your doctor or nurse specialist will examine your prostate. An antiseptic solution is used to clean the skin between your scrotum and your rectum, this area is known as the perineum. This is where the biopsy needle will pass through to take samples from your prostate (see diagram below)



- A lubricated ultrasound probe is gently inserted into the rectum, this used throughout the procedure to direct the doctor / nurse specialist to locate the Prostate and identify the areas to biopsy.
- Local anaesthetic is injected with a needle into the skin of the perineum, this will sting initially but then will numb the area.

During the procedure you may find it uncomfortable but you should not feel pain.

- The biopsies are taken using a device which contains a spring-loaded needle, this is inserted into the prostate and removes samples very quickly. You will hear the click of the 'gun' as the biopsies are taken. When the needle enters the prostate you may feel slight discomfort. Normally between 20 – 30 samples are taken.

### What are the risks?

- **Blood in the urine** – almost all patients can be affected by this and can be up to 10 days. If you pass clots of blood or have persistent or heavy bleeding every time you pass urine you must go to your nearest A&E department.
- **Blood in your Semen** – almost all patients can be affected by this and last for up to 6 weeks. Your semen maybe discoloured (pink or brown).
- **Bruising in your perineal area (biopsy site)** - this affects between 1 in 2 and 1 in 10 patients.
- **Discomfort in your Prostate caused by bruising from the biopsies** - this affects between 1 in 2 and 1 in 10 patients.
- **Temporary problems with erections caused by bruising from the biopsies** – this affects 1 in 20 patients (5%).
- **Difficulty passing urine** - this can affect 1 in 20 patients (5%). If you have difficulty passing urine you will need to attend your nearest A&E for assessment.
- **Infection in your Urine** - this can affect 1 in 100 patients (1%). The antibiotics given before the procedure reduces the risk of this occurring. However, if you develop a need to pass urine suddenly or more often, have a burning sensation when passing urine or it is smelly or cloudy you should seek advice from your GP.

- **Infection in your blood** – this can affect 1 in 1000 patients (0.1%). If you a high temperature or feel unwell with flu-like symptoms you should go to your nearest A&E department.

### **After the biopsy**

Once we have checked you are feeling well, you can go home. We suggest you rest at home after the biopsy and for the remainder of the day. You may have mild discomfort in the biopsy area for one or two days.

The prostate samples will be sent for testing and occasionally there is a need to repeat the biopsy for example if the results are inconclusive, this happens in about 1 in 50 patients.

We will let you and your GP know the results as soon as possible, and arrange appropriate follow up

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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