Trans Rectal Ultrasound Guided Biopsy of the Prostate (TRUS Biopsy)

What is the Prostate?
The prostate gland is a sexual organ below the bladder and surrounds the urethra (the tract you pass urine). The prostate enlarges after the age of 50 and causes urination problems in men.

What is TRUS biopsy?
A TRUS biopsy is where small samples of tissue are taken from your prostate gland under ultrasound guidance for microscopic examination.

When do you need this procedure?
You may have been advised to have a TRUS biopsy because:
- You may have a raised PSA (Prostate Specific Antigen) blood test. PSA is a protein that is produced by the prostate. The PSA test is used to try to detect early prostate cancer.
- Your prostate may have felt abnormal when the doctor examined your prostate via the rectum. This may indicate prostate cancer OR it may be due to harmless conditions like infection or stones in prostate.

Before the biopsy
Please inform your urologist if you:
- Are taking any traditional Chinese medicine
- Have any drug allergies
- Have bleeding tendencies or taking blood thinning medications such as Warfarin, Aspirin and Plavix

Antibiotics will be prescribed to you a day before the procedure.

How is the procedure performed?
This procedure will take approximately 20 minutes to complete.

You will be asked to change into a gown before the procedure.

You will be asked to lie on an examination couch where the urologist will examine your prostate through your rectum.

An ultrasound probe covered by lubricant gel used to scan the prostate will be gently inserted into your rectum. Under this ultrasound guidance, a very fine needle is then passed into the length of the probe.

Local anaesthesia will be injected around the prostate to make the procedure as comfortable as possible.

Several tissue samples are taken through this fine needle for biopsy. The biopsy needle makes a loud ‘clicking’ noise when it takes the sample. This will be demonstrated to you beforehand.

You will be monitored by your care team for 30 minutes after your procedure.
What are the risks?
- Infection <2%
- Severe bleeding <2%
  - bleeding in the rectum
  - bleeding in the urine
- Inability to pass urine

Going home
You are advised not to drive so you will need to arrange for someone to accompany you.

You need to rest for the day and drink plenty of water.

You may notice some blood in your urine and stool for a few days. Your semen may appear pinkish and brownish for up to 6 weeks. This is normal and you need not worry.

Though you may have mild discomfort in the biopsy area for 1-2 days, you can resume normal activities the next day if you feel well.

It is important that you complete the course of antibiotics.

When to seek medical attention
Please contact your urologist or return to the Acute and Emergency Care Department immediately if you experience any of the following symptoms:

- Pain increases
- Fever more than 38°C
- Shivering
- Unable to pass urine
- Passing urine with large clots of blood
- Persistent bleeding

Your Appointment
Please place patient’s name label in the box

Appointment Date:____________________
Time:_______________________________
Venue: General Surgery Clinic (C31)

Contact Information
To reschedule your appointment, please contact us at (65) 6555 8828.