

St George's Radiology Department

The appointment letter will tell you where you need to go in the hospital for your examination. It will either be the Lanesborough scanning department or the St James x-ray department.

Lanesborough scanning department : 020 8725 1776

St James x-ray department : 020 8725 1485

TRUS (trans-rectal) ultrasound of the prostate gland

We have made an appointment for you to have a TRUS examination of your prostate gland [**TRUS** stands for **T**rans **R**ectal **U**ltra**S**ound]. During the examination a small ultrasound camera, slightly larger than a finger, is inserted into the rectum (back passage).

If you have also been referred for a **prostate biopsy**, this will be performed at the same time. **Biopsy** is when several tissue samples are taken of the prostate gland. Some local anaesthetic will be injected through a needle via the back passage to numb the prostate gland. The examination is usually only mildly uncomfortable.

If you are having a TRUS without a biopsy:

- **the examination will take approximately 5 minutes.**
- Before the procedure we will ask you to undress and change into a hospital or your own gown. You can bring your own dressing gown if you wish.
- A member of staff will explain the examination to you and answer any questions you may have.
- The member of staff will then ask you to lie on your left side and will insert the ultrasound camera into the back passage. The diagnostic scan is then performed.
- You can go home immediately after the examination. The urology clinic will send you an appointment to attend either St George's Hospital or Queen Mary's Hospital. Your appointment will be approximately two weeks after the scan. At your appointment the urologist will discuss the results.
- You may experience mild rectal discomfort during and after the TRUS. There are no further side effects. If you have any questions or concerns after the procedure you may contact the ultrasound department on 020 8725 1776.
- **You do not need to read any further.**

Please read the rest of this information if your appointment is for a TRUS and a biopsy.

Antibiotic information for biopsy

If you are having a biopsy we will have given you some antibiotics (10 tablets and 1 suppository). You take these to reduce the small chance of infection.

St George's hospital patients

One hour before your appointment time please take the first two antibiotic tablets (two tablets of ciprofloxacin 250mg) by mouth and insert the suppository into your back passage. It is helpful if you are able to empty your bowels before inserting the suppository. Remove the suppository from the wrapper, moisten with warm water and insert into the back passage with the pointed end first.

Queen Mary's Hospital (QMH) patients:

Your antibiotic instructions may be different. Please check with QMH Pharmacy.

You can eat and drink as normal, except do not drink milk with your antibiotic tablets.

Other medication

Important: Please tell us well in advance of the day if you are on any medication to **thin the blood (for example, warfarin, clopidogrel (plavix), prasugrel)**, or if you have any heart valve problems. All other medications can be continued as normal.

The procedure

Please tell the department before the examination if:

- **you are on warfarin or clopidogrel (Plavix) medication**
- **you have a latex allergy**

Your booking letter will tell you where you need to go in the hospital. It will either be the Lanesborough scanning department or St James x-ray department.

Before the procedure we will ask you to undress and change into a hospital gown. You can bring your own dressing gown if you wish.

A member of staff will explain the procedure to you and answer any questions you may have. The member of staff will then ask you to lie on your left side and will then insert the ultrasound probe into your back passage. Some local anaesthetic

will be injected through a needle via the back passage to numb the prostate, You may experience a slight stinging sensation as the local anaesthetic is administered.

A diagnostic scan will then be performed. After a short wait, the biopsies will be taken. There is a clicking sound with each biopsy, and you may feel a slight jolt or tap with each. We routinely take up to 12 biopsies, and the whole procedure takes about 10 minutes. The biopsies are then sent to the laboratory for analysis.

You can go home soon after the procedure. You can use public transport or drive yourself home. Most patients do not need to be escorted home, but you can bring along a friend or relative if you prefer.

What are the possible side effects?

Side effects can include rectal discomfort, some rectal bleeding (from the back passage) or blood in the urine (haematuria) or semen. This is generally only mild and clears by itself within a week. Occasionally it can last up to four weeks (especially in the semen) but again will clear on its own.

After the procedure you should not feel unwell but any discomfort can be relieved by simple painkillers such as paracetamol.

You should contact your GP, or if out of hours come to A&E (accident and emergency) if you develop:

- **pain on passing urine**
- **a fever**
- **severe abdominal pain**
- **heavy blood loss.**

The urology team can be contacted through the hospital switchboard (020 8672 1255) by asking for the SHO on call for urology. The Lanesborough scanning department's number is 020 8725 1776 (09.00 to 17.00 hours).

What happens afterwards?

It is important to **finish your antibiotic course**. You should have 8 tablets of ciprofloxacin 250mg left. They should be taken as instructed below:

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|----------------------|---|--|
| 2 nd dose | - | The day of the scan in the evening (two tablets) |
| 3 rd dose | - | The day after the scan in the morning (two tablets) |
| 4 th dose | - | The day after the scan in the evening (two tablets) |
| 5 th dose | - | 2 days after the scan in the morning (two tablets) |

- Drink lots of water and avoid any strenuous exercise or lifting for three days.
- **Important – avoid alcohol for 24 hours after the procedure.**
- You can carry on all normal day to day activities straight away. Eat as normal.

Receiving the biopsy results

The urology clinic will send you an appointment to attend either St George's Hospital or Queen Mary's Hospital. Your appointment will be approximately two weeks after the biopsy. At your appointment the urologist will discuss the results of the biopsy.

Further sources of information

Contact numbers :

If you have any questions or worries, contact:

- Lanesborough scanning department 020 8725 1776
- St George's Hospital switchboard 020 8672 1255 and ask for the SHO on call for urology

You might find it useful to visit:

- www.prostateuk.org
- www.nhs.uk/conditions/prostate-disease/Pages/Introduction.aspx

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