

Prostate Ultrasound & Biopsy



Having Prostate Ultrasound and Biopsy

Chances are, you've had a test (a digital-rectal exam or prostate specific antigen [PSA] test) that suggests the possibility of cancer in your prostate. You're now scheduled for a **prostate ultrasound and biopsy**. These tests are done to help confirm whether or not you have prostate cancer. Ultrasound uses high-frequency sound waves to create an image of the prostate gland. This image helps guide the doctor as a biopsy (taking of small tissue samples) is done. These samples of prostate tissue can then be checked for cancer cells. This brochure will help you learn what to expect before, during, and after your prostate ultrasound and biopsy.

Preparing for Your Procedure

To prepare, follow any instructions you are given. You should also:

- Tell your doctor what medications you take. This includes aspirin and any other over-the-counter medications. Ask about stopping any of them before the test.
- Tell your doctor if you have any bleeding problems.
- Take antibiotics before your test, if prescribed. These help prevent infection.
- Use an enema or suppository to clear your rectum, if instructed.
- Ask your doctor whether an adult family member or friend will need to drive you home after the procedure.

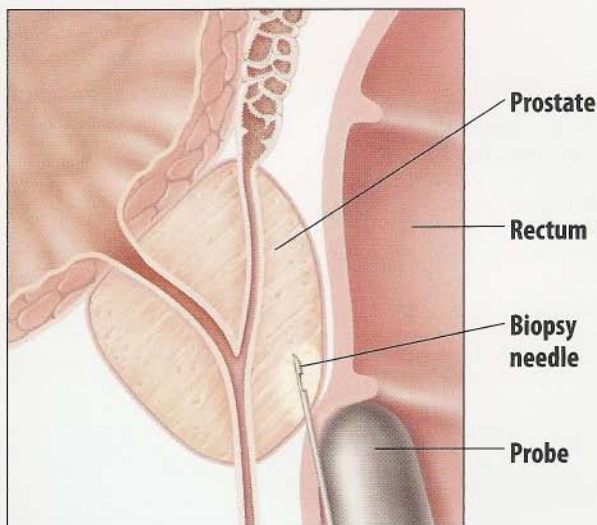
Risks and Possible Complications

- Infection
 - Bleeding
 - Urinary retention
-

During Your Procedure

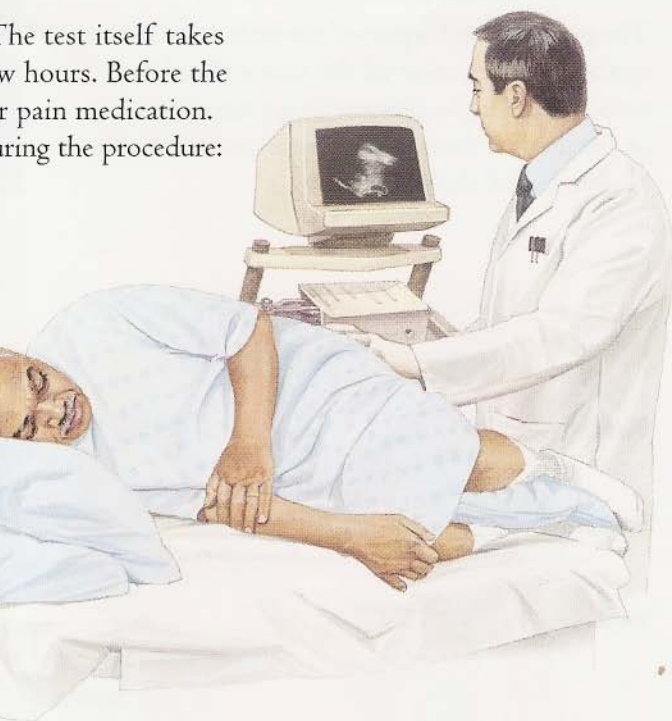
The procedure is done right in the doctor's office. It takes 10 to 20 minutes, but your entire visit may last a few hours. Before the procedure, you may be given local anesthetic or other medications. You may also be given a sedative to help relax you. During the procedure,

- You lie on your side on the exam table.
- A small ultrasound probe is inserted into your rectum. Sound waves from the probe are used to create images of your prostate on a video monitor. This is called transrectal ultrasound (TRUS).
- With the TRUS images as a guide, a small biopsy needle is inserted through your rectum into the prostate. Several tiny samples are taken from the prostate.
- The needle and probe are then removed. The tissue samples are sent to a lab for examination.
- When the doctor feels you are ready, you'll be able to go home.



A thin needle is used to take small tissue samples from the prostate.

The test itself takes
a few hours. Before the
test, you'll receive
pain medication.
During the procedure:



After Your Test

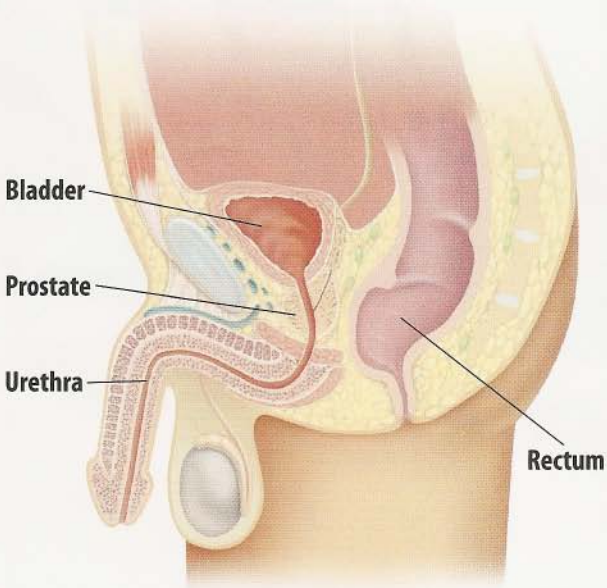
- You may be given antibiotics to take.
- You may notice some rectal bleeding or blood in your urine for a few days. This is normal.
- You may have blood in your semen for several months after the test. This is normal.
- Ask your doctor whether you should avoid exercise or sex for a few days after your biopsy.

Call Your Doctor If You Have:

- Fever over 100.4°F (38°C)
- Excessive bleeding from your rectum or urethra
- Muscle aches or excessive tiredness
- Trouble urinating

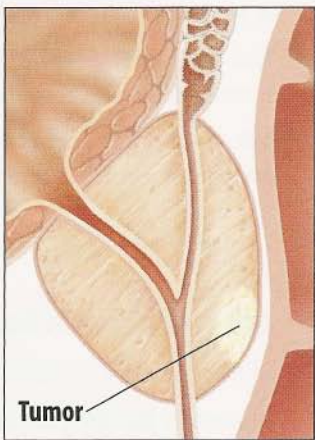
Your Prostate

The prostate gland is part of the male reproductive system. It makes most of the semen (fluid that carries sperm). The prostate wraps around the top of the urethra, the tube that carries urine from the bladder out of the body.



When Cancer Develops

When cells in the prostate change in ways that are not normal, cancer can form. Cancer cells may form a lump called a tumor. The tumor often first forms in the outer area of the prostate, near the rectum. Prostate cancer usually causes no symptoms.



Following Up with Your Doctor

When your biopsy results are ready, your doctor will discuss them with you. He or she can let you know whether any further tests or treatment are needed. Even if the results of the biopsy are normal, you should return for prostate cancer screenings. Ask your doctor when and how often you should be screened.



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**Also available
in Spanish**

This brochure is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.

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