

Examination of the Prostate Gland (Ward 28A/ Urology Assessment Centre)

Department of Urology

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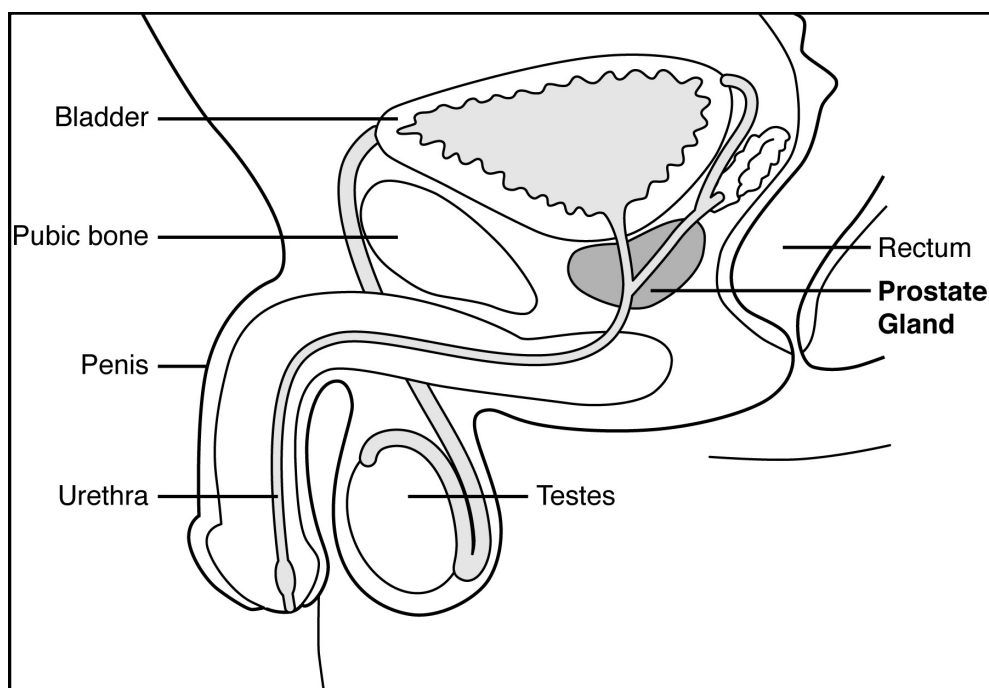
Information for patients

The prostate is a small gland which is found only in men. It is found at the base of the bladder and surrounds the water pipe (urethra) which carries urine from the bladder to the penis.

The easiest way to imagine your prostate is to compare it to an apple which has had its core removed. The purpose of the prostate gland is to produce substances which assist with the passage of sperm.

The prostate gland in young men is approximately the same size as a walnut. However, it may get bigger as you get older, and for most men this is an entirely harmless process.

Only a very small number of men develop a cancerous growth of the prostate.



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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Examination of the prostate

As you will see from the diagram, the prostate is situated next to the back passage (rectum).

Examination of the prostate can be performed by your doctor or specialist nurse inserting a forefinger into your back passage and gently pressing against the lower wall of the rectum. In this way, any abnormality can be felt.

This is called a Digital Rectal Examination (DRE).

Trans Rectal Ultrasound Scan

In some cases your doctor may want to get a clearer picture of your prostate gland. This will involve a Trans Rectal Ultrasound Scan (TRUS).

This type of scan can also be used to measure the size of the prostate and identify any abnormalities.

To scan the prostate gland a probe is passed into the back passage. The scan waves then pass through the wall of the rectum and the TRUS machine is able to produce an image of the prostate gland, which appears on a screen.

Prostate biopsy

The doctor may decide to take a sample of cells (biopsy) to examine under a microscope. This is either done as part of your rectal examination, or at the same time as your TRUS.

Before your appointment

If you are taking any medicines which thin the blood, such as aspirin or warfarin, it is important that you let us know in advance as it may be necessary to stop them.

Please contact us on 0116 258 4635 if you have any questions.

To contact your consultant, please telephone their secretary directly on the telephone numbers below:

Mr. B. Jackson	0116 258 4660
Mr. J. Rai	0116 258 4660
Mr. M. Khan	0116 258 4660
Mr. R. Kockelbergh	0116 258 4447
Mr. P. Butterworth	0116 258 4447
Miss. J.L. Douglas-Moore	0116 258 4449
Mr. J. Beatty	0116 258 4449
Mr. J. Goddard	0116 258 8260
Mr. D. Summerton	0116 258 8260
Prof. J.K. Mellon	0116 258 8007
Mr. TRL. Griffiths	0116 258 8007

Appointment day

You may eat and drink as normal before your appointment. When you arrive at the hospital please report to the reception desk in the Urology Assessment Centre.

You should inform the nurse or doctor if you are:

- Taking any medications (particularly drugs which thin the blood)
- Allergic to anything

At least one hour before the procedure you will be given antibiotics. This will give them time to work.

Expect to be at the hospital for up to two hours.

Is the examination painful?

Putting the Trans Rectal Ultrasound probe into the back passage can sometimes be uncomfortable. However, most patients find that if they are able to relax the discomfort goes away fairly quickly. Your prostate will be injected with local anaesthetic before the biopsies are taken to minimise any discomfort.

After the examination

Most people feel fine after the examination, and are allowed home straight away.

However, after a prostate biopsy it is wise to make arrangements for somebody to take you home and ideally have somebody staying with you overnight in case you become unwell.

What if I see blood in my urine?

If you have a biopsy of the prostate, it is quite common to see bleeding in either your urine or from the back passage for up to a week following the procedure. Occasionally this carries on for longer.

However, if the bleeding is very heavy or does not appear to be settling, contact the Urology Unit on 0116 258 4247.

Some men also notice blood in their semen for up to six weeks after the biopsy. Do not worry - this will usually clear on its own.

What are the possible complications of a prostate biopsy?

Serious complications are rare after prostate biopsies, bleeding being the most common, as previously described.

If you develop 'flu' like symptoms with a fever or temperature following the procedure, it could be a sign that you are developing an infection.

If this happens, it is important to contact Urology Emergency Admissions as soon as possible and ask to speak to either the Nurse in Charge or House Officer on call. This also applies through the night.

You may be admitted to the Urology Unit for observation if necessary.

Emergency Contact Number:

Urology Emergency Admissions 0116 258 4247

Contact Persons: Nurse in charge of admissions or Urology Doctor on call.

Follow up

Following your examination you will be given an appointment to see your consultant in the Out Patient Department, to discuss the results. Prostate biopsy results generally take 10-14 days to process. You may want to bring a relative or friend to this appointment

If you do not receive an appointment in the post within three weeks, please contact us.

Further Information

Should you have any concerns or require any further information about the procedure, please do not hesitate to contact us using the numbers below.

Urology Nurse Specialists

Urology Assessment Centre

Leicester General Hospital

Monday– Friday 9am to 4:30

0116 258 4635

Urology Oncology Nurse Specialists (Key Workers)

Leicester General Hospital

Monday– Friday 9am to 4:30

0116 258 4637

Questions you may like to ask:

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਸਿ ਹੋਰ ਭਾਸ਼ਾ ਵਲਿ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk