

Having a Day Case TRUS Biopsy (General Anaesthetic)

Department of Urology
Information for Patients

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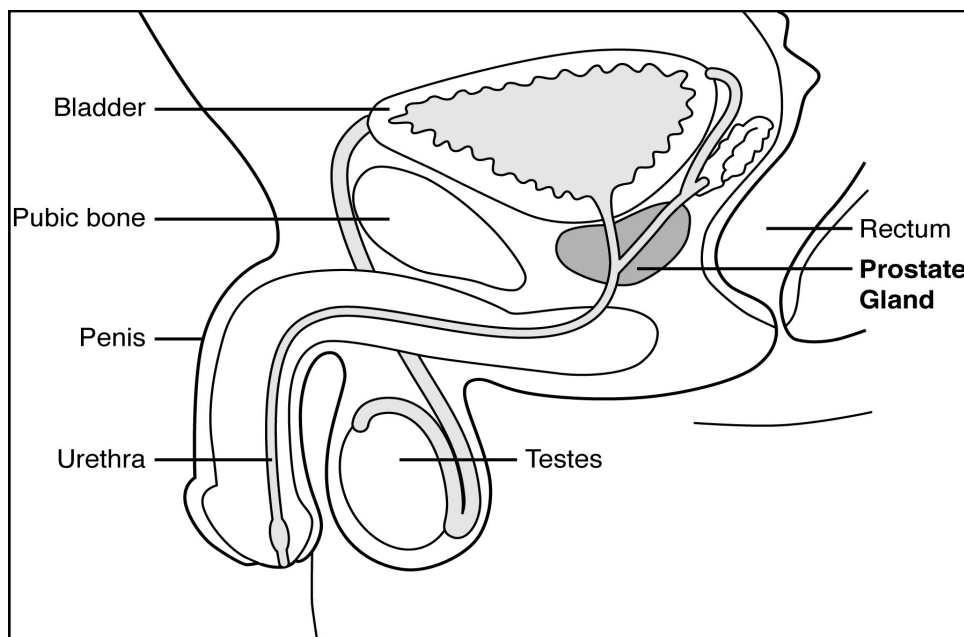
The Prostate

The prostate is a small gland, which is found only 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 (TRUS)

Your procedure is planned to be done whilst you are asleep (under general anaesthetic). To scan the prostate gland a probe is passed into your 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. A biopsy may be taken at the same time.

What are the benefits?

The procedure allows an assessment of the prostate gland, providing your medical team with information on which to base your diagnosis.

Are there any complications?

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.

Serious complications are rare after prostate biopsies.

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 the Urology Unit as soon as possible and ask to speak to either the **Nurse in Admissions** or **House Officer on call**. This also applies through the night. You may be admitted to the Urology Unit for observations if necessary.

Emergency Contact Number (24 hours): Urology Unit 0116 258 4247

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

Are there any alternatives?

Your doctor will have discussed any possible alternatives, such as other methods of taking a biopsy of your prostate, with you before booking this appointment.

Important information

We hope that the information in this leaflet will help you prepare for your visit to the Day Case Unit.

Please read the following important information:

- If you are ill, or cannot keep your appointment for some other reason, please let us know as early as possible. Another patient may benefit from the cancellation of your appointment.
- If you have any concerns or require any further information about the procedure, please do not hesitate to contact us using the number below.

Urology Nurse Specialists

Leicester General Hospital

Monday to Friday 9:00 am to 5:00 pm

0116 258 4635

Urology Oncology Nurse Specialists

Leicester General Hospital

Monday to Friday 9:00 am to 5:00 pm

0116 258 4637

Day Case Pre-assessment Nurse

Monday to Friday 9:00 am to 6:00 pm

0116 258 8132

0116 258 4192 (Ward)

What happens before my procedure?

You will be seen in a pre-assessment clinic at some point before your procedure, to make sure you are fit for day surgery. At this appointment the nurse will go through your paperwork with you and you will be given information about your procedure.

You will be told about the consent form that you will be asked to sign to give the surgeon permission to carry out your procedure. This appointment is a good time to ask any questions that you may have - please write these down if that will help.

Depending on your general health and your age, we may need to carry out some tests. These will be discussed with you, and may include an electrocardiograph (heart tracing/ECG), swabs and blood tests.

If you are taking any medication, please bring it with you.

What arrangements must I make before my procedure?

Before you can have the procedure as a day case, you need to plan the following things:

- You must be collected by a responsible adult, who must take you home in a car or taxi following your procedure.
- You must have a responsible adult at home with you for at least 24 hours after your procedure.
- You must have a telephone at home.
- You must **not** drive, cycle, operate machinery or drink alcohol for a minimum of 48 hours after your procedure.

Important: Driving after an anesthetic is a criminal offence, and will affect your insurance cover.

What do I need to do before my procedure?

- Read your admission letter carefully.
- Do not eat or drink anything from the time stated in your letter.
- Do not wear contact lenses.
- Do not wear any jewellery, except for a wedding ring.
- Do not bring any valuables with you into hospital. University Hospitals of Leicester NHS Trust cannot accept responsibility for loss or damage to personal belongings.
- Do have a bath or shower before you come into hospital.
- Do wear comfortable clothing and footwear to go home in.

Expect to wait on the unit before your procedure.

What do I need to bring with me on the day of the procedure?

- Your appointment letter. The time you are given to arrive is not the time of your procedure. The surgeon needs to see you before the start of the list, so you may be waiting for your operation for between two and four hours.
- Any drugs, medicines or inhalers you are using. Please take your necessary medication before attending; the pre-assessment nurse will advise you when you should take your medication.
- A contact number for your lift.
- A dressing gown and slippers, if you have them.
- Something to do while you are waiting, such as a book or magazine to read.

What will happen while I am on the Day Case Unit?

You should come to Day Case Unit and report to reception. Your details will be checked and you will be directed on to the ward or to the waiting room where a nurse will collect you.

- The nurse will talk to you about your procedure and ask you a few questions.
- You will meet one of the surgical team who will ask you to sign a consent form. If there is anything you are concerned about or do not understand, please ask the surgeon before you sign the form.
- You will be visited by the anaesthetist - this is the doctor who will look after you while you are asleep.
- Your nurse will tell you when you need to change into your theatre gown, and then take you to the operating theatre.

What happens after the procedure?

You will return to the day ward and staff will make sure you are comfortable, and provide you with refreshments. If you have any discomfort or sickness please let the staff know so that they can help you.

You will recover on the ward until your nurse is happy that you are well enough to go home. You will need to eat and drink before you can go home. You may get a phone call at home in the next day or two to check how your recovery is going. Very occasionally patients need to stay overnight. If your nurse or doctor feels that this is necessary, they will explain this to you.

Pain

Any discomfort after your TRUS biopsy can usually be controlled with paracetamol (or similar pain killer). If you are unsure, contact us for advice using the numbers on page 3 of this booklet.

Diet

You can eat and drink as normal straight away, but do not drink alcohol for 48 hours. It is best to drink plenty of fluids, at least 2 - 3 litres (4-5 pints) in the first 24 hours. This will make you pass more water, flushing your bladder regularly.

What happens after the procedure? (continued)

Driving

You must not drive for at least 48 hours after a general anaesthetic. You will not be covered by your car insurance. Do not drive until you can keep control of your car in an emergency. You should contact your insurance company if you are not sure.

Work

Depending on your job, it is usual for people to return to work two or three days after the procedure.

Sex

You can resume sexual activity as soon as you feel comfortable.

Physical activity

Do not do too much too soon. It is usual to feel some aches and pains for a few days, perhaps up to two weeks.

Holidays

Flying too soon after procedure can increase the chance of problems, and you may not be covered by your insurance. Please discuss this with your insurance company.

Follow up

Following your examination you will be given an appointment to see your consultant in the Outpatient Clinic to discuss the results. (Prostate biopsy results usually take 10-14 days to process).

Please contact your consultant's secretary if you have any questions about your follow-up appointment.

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