

Urology Service Transperineal Prostate Biopsy



Western Health

What is a prostate?

The prostate is a small gland that produces the white fluid that becomes part of the semen, it's located just below the bladder and in the front of the back passage (rectum). It is the size of a walnut.

Why do I need a biopsy?

There are many reasons why you may need a prostate biopsy:

- Your blood test called PSA (protein specific antigen) is elevated. PSA is produced by the prostate gland, high levels in your blood stream may indicate prostate cancer.
- Your doctor or urologist finds an abnormality with your prostate gland during a digital rectal exam (DRE).
- You have had a previous biopsy which shows no evidence of prostate cancer, but your PSA level remains elevated.
- You have a diagnosis of prostate cancer already that doesn't need treatment at present; however your urologist needs further information to plan for future treatment or continuing observation.

A prostate biopsy can also diagnose other conditions which include:

- Benign prostate hyperplasia (BPH- enlargement of the prostate gland).
- Inflammation of the prostate gland or prostatitis.
- Prostatic intraepithelial neoplasia (PIN- a change in the prostate cells but not cancer).

How is a biopsy done?

You will be required to have a general anaesthetic so your urologist can take several samples from your prostate gland.

An ultrasound probe is inserted into the rectum to guide the insertion of the needles into the prostate.

The needles are inserted into the area between your rectum and scrotum called perineum.

How do I prepare for my biopsy?

Before the biopsy you will need to complete a health questionnaire with the pre-admission nurse, you will also see an anaesthetist (doctor giving you your anaesthetic) and urology doctor. It is important you let them know if you have any of the following:

- Allergies to medications or anaesthetic.
- Have an artificial heart valve.
- Taking any blood thinning medications like aspirin, warfin or clopidogrel.

You should continue to take your medications as normal unless you have been told to stop by the urologist or anaesthetist prior to your biopsy.

You will be asked to take a medication called Tamsulosin (Flomaxtra) for 3 days prior to your biopsy and 7 days after the biopsy. This helps reduce the swelling of the prostate gland around the urine tube (urethra) to help you pass urine easily following the biopsy.

What are the risks?

Although serious complications are rare, every procedure have risks. Your Urologist or nurse will discuss these in more detail with you.

- Difficulty passing urine you will need to attend emergency department for review.
- Urine Infections.
- Blood when you pass urine is normal please drink more fluids to keep urine clear.
- Blood in semen after intercourse is normal and can last 2-3 months.

- Difficulty with erections can occur post biopsy and can last for 1-2 months sometimes longer. Speak to your Urologist if you are still having issues after 2 months.
- Allergic reaction.

Day of surgery

Please refer to your Western Health admission letter for details of where to go on day of surgery and fasting information.

What will happen after the biopsy?

You have had a general anaesthetic, so you will need to ask someone to drive you home.

Before you leave hospital you may be asked to restart the Tamsulosin until they are finished.

If you need a medical certificate please ask the urologist at time of biopsy.

Please go to Footscray Hospital Emergency if you have

- **A fever, sweating, chills, headaches or are feeling unwell.**
- **Feel burning or stinging when you go to the toilet.**
- **You can't go to the toilet to urinate.**

Follow-up Care

You will be reviewed in the Urology Outpatient's Clinic 1-4 weeks after your procedure. If you see your Urologist privately please call the rooms to make an appointment.

Contact Us?

Elective bookings enquiries - 8345 1947

General enquiries - 8345 6666

Outpatient department - 9345 6490

The Australian Charter of Healthcare Rights describes the rights of all people who use the Australian healthcare system. Copies of the charter in community languages are available near the main entrance of all Western Health hospitals, or ask a staff member or volunteer.

For more information, visit www.safetyandquality.gov.au/australian-charter-healthcare-rights



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