



Prostate Ultrasound and Biopsy

Just below your bladder and in front of your rectum is a small, muscular gland called the prostate. It wraps around the urethra, the tube that drains urine from your bladder. Your prostate produces part of your semen, the fluid that carries sperm.

At Risk for Cancer

If cells in the prostate change abnormally, cancer may form. Cancer often appears in the outer area of the prostate (near the rectum) before spreading to the inner areas of the gland. Usually, there are no symptoms unless the growth begins to press on the urethra.

WHY YOU NEED THIS TEST

If a potential prostate problem is identified through a digital rectal exam or a PSA (prostate-specific antigen) blood test, your doctor may suggest that you have a prostate ultrasound and biopsy.

What Ultrasound Reveals

Ultrasound uses high-frequency sound waves to create an image of the prostate gland. This can help identify abnormalities in the gland.

HOW ULTRASOUND IS DONE

The ultrasound test is simple and is done by your doctor. It usually takes 5-10 minutes. To clear your rectum, you are requested to use an enema beforehand. If a biopsy is going to be done, you'll be given antibiotics to take as well.

You'll lie on your side with your knees bent towards your chest. A small probe will be gently inserted into your rectum. The probe emits sound waves, creating an image of your prostate on a video screen. Your doctor views the image, looking at the size, shape, and structure of your prostate.

Preparation

- No aspirin, coumadin, or other blood thinners including large amounts of garlic or fish oil for at least 7 days before and 2 days after the procedure as directed by your doctor
- No special diet is necessary on the day of the biopsy
- Take the prescribed antibiotic in the morning before the biopsy, unless otherwise directed
- Give yourself a Fleet enema the morning of the procedure

Procedure

You will lie on your side, facing away from the doctor. The doctor will insert an ultrasound probe into your rectum. He will guide the probe to examine specific areas of the prostate gland and look for any abnormal areas that may need to be taken for biopsy. He will administer local anesthetic through the ultrasound probe. Like any local anesthetic, you will feel a brief stinging. He will take small tissue samples using a small needle passed through the ultrasound probe. It is typical for 10-12 samples to be obtained. You may feel a brief stinging sensation when samples are taken.

What to Expect

After a biopsy, it is normal to experience some symptoms:

Burning with urination – this is a normal sensation after a prostate biopsy and is usually present for the first 24 hours, and may last up to 3 days.

Frequent Urination – this should gradually improve over the first 24 to 36 hours.

Blood in Urine – It is normal to have slightly red – tinged urine, but it may also resemble a rose or red wine color and may last 12 hours to 3 weeks.

Blood in Stool – This is usually noticed on toilet paper or there may be some bloody streaking of the stool. This may last for up to 5 days.

Blood in Semen. This may persist for up to 6 weeks after the prostate biopsy.

Pain Relief: You may experience some discomfort following the procedure. Tylenol should help alleviate your discomfort. If the pain becomes severe, contact your physician. Do not take any aspirin unless specified by your physician for 2 days following a biopsy.

What to Call About

- Inability to urinate or difficulty urinating
- Continual passage of blood or blood clots that interfere with urination, or if you are passing blood clots with bowel movements
- If you have pain and burning with urination after completing your medication, this usually signifies an infection and will require additional antibiotics
- Fever of 101 degrees or more

After a Biopsy

The results of your biopsy will be ready in approximately one week. We will schedule a follow-up appointment 1-2 weeks following the biopsy.