

## WHAT IS TRANSRECTAL PROSTATE ULTRASOUND?

A traditional prostate exam typically includes the prostate-specific antigen (PSA) blood test and the digital rectal exam (DRE) where the doctor feels the prostate during a rectal exam. These diagnostic tools help detect changes in the prostate gland but are somewhat limited in determining whether or not the changes are benign (non-cancerous) or may indicate prostate cancer.

**Transrectal ultrasound of the prostate (TRUS)** is a diagnostic technique that allows the urologist to image the prostate gland in greater detail using ultrasound imaging. Ultrasound uses soundwaves to produce an image of the prostate to potentially detect abnormalities that cannot be felt during the digital rectal exam.

Arizona Urology Specialists is committed to providing the most advanced diagnostic tools and treatment options.

For more information on conditions of the prostate, please visit [ArizonaUrologySpecialists.com](http://ArizonaUrologySpecialists.com) or call **520-795-5830** to schedule an appointment with one of our providers.

To learn more about our comprehensive prostate cancer program, visit [arizonaurologyspecialists.com](http://arizonaurologyspecialists.com).

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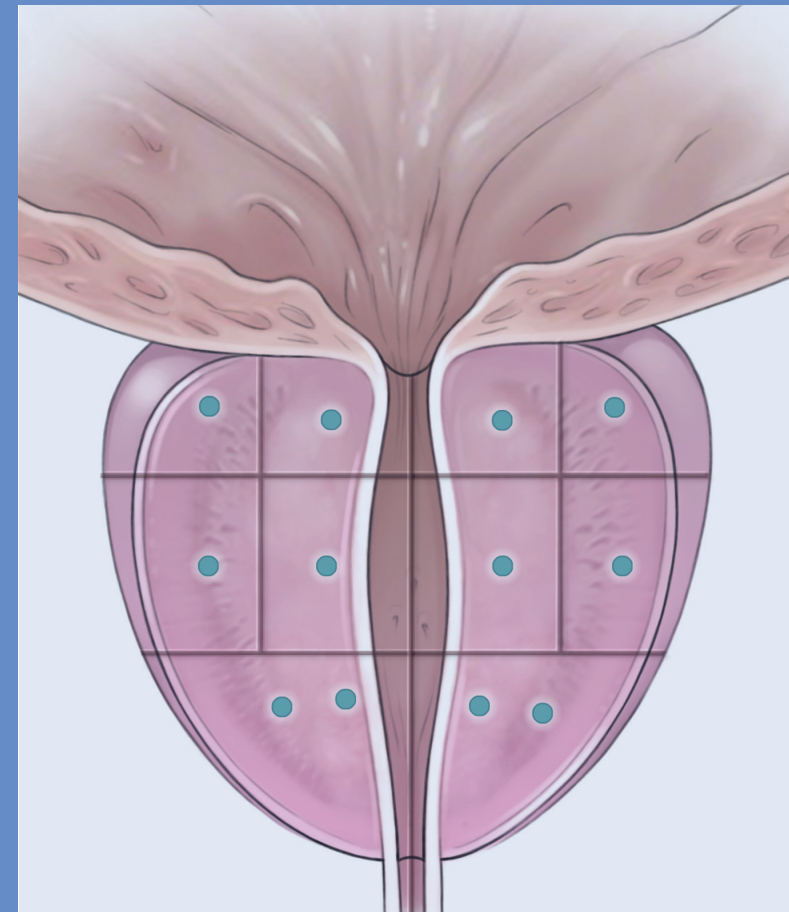
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# Transrectal Ultrasound (TRUS) with Prostate Biopsies

## A PATIENT'S GUIDE



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## WHEN IS A TRANSRECTAL ULTRASOUND (TRUS) WITH PROSTATE BIOPSIES NEEDED?

Your provider may order a TRUS with prostate biopsies for:

- An elevated PSA test
- Rising PSA
- As part of active surveillance for men with known prostate cancer
- Abnormal digital rectal examination

## HOW IT WORKS – WHAT TO EXPECT

The ultrasound is typically performed in a specially-equipped Tucson Urologic Surgery Center. The procedure is done on an outpatient basis. You will be asked to arrive about 15-30 minutes before the procedure, which typically takes about 15 minutes to perform.

## THE PROSTATE ULTRASOUND

- Once inside the procedure room, you will be asked to lay on the table on your side with your knees bent toward your chest.
- A small, lubricated probe will be placed into the rectum toward the prostate gland.
- The high-frequency sound waves released by the probe create video images that allow your urologist to determine the size of the prostate as well as identify potential tumors or abnormalities.

## THE PROSTATE BIOPSY

A biopsy of the prostate gland involves removing very small pieces of tissue from the gland for examination and diagnosis.

- After the ultrasound probe has been inserted into the prostate and images and measurements are obtained, the doctor will then navigate a small needle to inject a local anesthetic on

both sides of the prostate to numb the area.

- Your physician then uses the ultrasound to help guide a very small needle into the selected area of the prostate.
- Typically, 12 biopsies are performed to take tissue samples from various areas of the prostate. The biopsy results help your doctor accurately diagnose prostate conditions such as cancer and develop a targeted treatment plan.

## PREPARING FOR YOUR TRUS PROSTATE BIOPSY

- A staff member from our office or the Tucson Urologic Surgery Center. will contact you to confirm your appointment and give you an arrival time.
- Your procedure is scheduled to be performed using local anesthesia. There are no restrictions before you arrive. Unless specified by your doctor, you may eat and drink normally. You may also take your medications.
- Most physicians recommend stopping aspirin and most blood thinners 5-7 days prior to the procedure. Never stop blood thinners without discussing with your physician.
- Your physician will typically prescribe antibiotics to take the morning of the procedure and after the procedure.

## DAY OF THE BIOPSY

- Bring in picture identification and your insurance card. Copayments, if required, are collected at the time of admission.
- If your procedure is performed using local anesthetic you will be able to leave the facility on your own after the biopsy.

**\*\*IF YOUR DOCTOR HAS ORDERED A SEDATIVE PLEASE BRING THIS MEDICATION WITH YOU. PLEASE MAKE ARRANGEMENTS TO HAVE SOMEONE DRIVE YOU TO AND FROM THE CENTER. THIS PERSON MUST BE ABLE TO STAY AT THE SURGERY CENTER DURING YOUR PROCEDURE.**

## WHAT TO EXPECT AFTER THE TRUS BIOPSY PROCEDURE

You may temporarily notice a small amount of blood in your urine, semen, or stool. This is a common occurrence and not a great cause for concern. Should heavy bleeding occur, call your physician immediately. If fever or chills occur at any time, notify your physician immediately.

You should be able to resume almost all activities immediately.

## AT HOME AFTER THE PROCEDURE

You will be provided post-operative instructions regarding diet, activity, and medications. In the event you have any difficulty after your procedure, you must call your doctor's office. If it is after working hours, the doctor's office will have an answering service that will give the message to the on-call doctor.

