



## **Transrectal Prostate Biopsy (TRUS)**

**A transrectal prostate biopsy is an ultrasound guided office based procedure to sample the prostate to identify cancer, inflammation or other prostate conditions. Alternatives to biopsy include observation, blood or urine tests or imaging tests. You will have discussed these alternative options with your urologist prior to deciding to undergo surgery.**

- You signed, or will sign, informed consent paperwork regarding this surgical procedure. This outlines the potential surgical risks and complications associated with this specific surgery. You may request a copy of your informed consent paperwork for your own records, and it is always scanned into your medical record and easily available for review.
- Your procedure will take place in the urology office. You do not need to fast prior to this procedure, you will need to stop blood thinners prior to this procedure if appropriate. You can drive yourself home after the procedure or can bring someone for support if desired.
- You will be prescribed a 3-day course of antibiotics to start the day before the biopsy to reduce your risk of infection.
- You will be required to perform an over-the-counter enema 2 hours prior to the procedure or take a laxative the day before the procedure to improve ultrasound visualization and reduce your risk of infection.
- This procedure is done under local anesthesia administered through an ultrasound probe inserted gently into the rectum. The rectal wall and prostate are numbed with local anesthesia. After appropriate numbing, the ultrasound is used to guide the surgeon to obtain typically 12 small prostate biopsy cores. The procedure will take around 10 minutes to complete.
- You are expected to take Tylenol (Acetaminophen) and Advil (Ibuprofen) for baseline postoperative pain and discomfort. Ice packs are also very effective in reducing pain after the procedure. Finish your antibiotics.
- Some blood in the urine, stool and ejaculate is normal and expected for up to 2 weeks after the procedure.
- Bright red copious blood or blood clots in the stool or urine, fevers, chills, sweats, vomiting are all worrisome symptoms. You should call the urology office or present to an emergency room if you demonstrate these symptoms.

- You will be seen in the urology office or offered a telemedicine around 1 week after the procedure to review the pathology results.
- After this procedure it is important to continue following up with your urologist to track your postoperative recovery and to discuss next steps depending on the biopsy results.