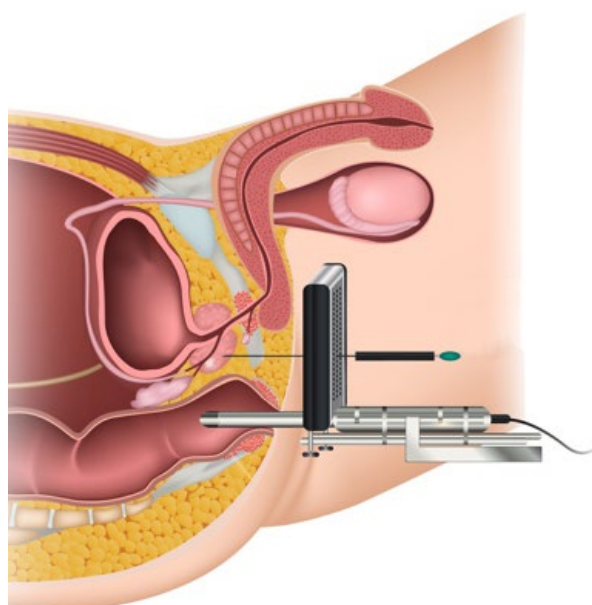


Transperineal Prostate Biopsy

Patient Information – Urology Service

What is a transperineal ultrasound-guided biopsy?

A transperineal biopsy is an investigation to diagnose prostate cancer. It involves taking samples of the prostate through the perineum. The perineum is the area of skin between the scrotum and rectum. Ultrasound is used to guide this process.



What happens before my operation?

The surgery and outcomes will be explained to you by your surgeon before the surgery. When you feel comfortable that you understand what is to be done and have had all your questions answered, you will be asked to sign a consent form. This consent form should be signed by both yourself and your surgeon and forwarded to the hospital prior to your admission.

A blood test will need to be performed and a urine sample may need to be taken a few days prior to your surgery.

If you are over 60 years of age or have other medical conditions, you may also have an electrocardiogram (ECG) prior to surgery to check the health of your heart.

You will be advised when to stop eating and drinking before surgery. This includes water and chewing gum. You can swallow tablets with a small sip of water.

You should bring your own medications with you to hospital.

It is important to avoid constipation. Try to establish and maintain a regular, soft bowel habit leading up to your surgery. Identify the foods that can help you maintain a regular bowel habit for your post-op period.

Please inform your surgeon if you are taking anti-coagulant (blood thinning) medication (e.g. warfarin, clopidogrel, dabigatran, rivaroxaban or ticagrelor), or any medication for diabetes. Your surgeon will advise when to stop and restart these medications. If you are taking aspirin, it is okay to continue taking this.

What happens on the day of my operation?

You will go to Christchurch Hospital on the day of your surgery. On arrival, the staff will guide you through what is required prior to your surgery.

You will have a clean hospital gown and protective stocking fitted.

An IV (intravenous) line will be placed in a vein in your arm or hand that will be used to supply fluids or medications during the surgery.

You may be given a medication to prevent blood clots.

You will be encouraged to commence deep breathing and coughing exercises pre-operatively. This prevents any breathing complications or chest infection from occurring, following the surgery and anaesthetic.

The choice of local or general (you are completely asleep) anaesthesia will be decided after a discussion with the anaesthetist. If you're having a general anaesthetic, you will need someone with you, so they can take you home and stay with you overnight. If your surgery is performed under general anaesthesia, the anaesthetist will discuss this with you before your surgery.

Just prior to your surgery, you may be given a pre-medication tablet to relax you.

What happens during my operation?

An ultrasound probe is placed into your rectum to visualise the prostate and helps guide the surgeon. An antiseptic solution is used to clean your perineum to help prevent infection.

To take the biopsies, a special grid is used so that all areas of the prostate are included. Approximately 24 samples of prostate tissue will be taken. A dressing may be applied to the perineal area and held in place with disposable hospital underwear.

In total, the procedure takes 30 to 40 minutes, however you will be required to stay in the day stay unit for a few hours after the procedure while you recover from the anaesthetic.

What to expect after discharge?

You will need to be accompanied to and from the procedure as you will not be able to drive after the anaesthetic. You should be able to return to your usual activity the next day.

We advise that you increase your fluid intake to help flush out the blood in your urine.

Cancer, if present, cannot be seen with the ultrasound. The prostate samples are sent to the laboratory to be viewed with a microscope. This typically takes up to two weeks.

Possible complications

The possible side effects of this procedure are listed below:

- Blood in your urine, for up to two weeks post-procedure.
- Blood in your ejaculate, which may last up to six weeks.
- Bruising and swelling in your perineal area.
- Inability to pass urine.
- Infection.

If you are unable to pass urine or experience any burning, fever or cloudy urine (possible urinary tract infection), please contact your GP immediately.

Follow-up

You will receive an appointment notification to attend the Urology Outpatient clinic. At this visit, you will be informed of the results of the biopsies and will discuss if any further action is needed. A letter will also be sent to your own doctor about your operation.

Contact information

If you have any concerns about having this treatment or have any questions about the procedure, please call the Urology Unit on (03) 364 4307.

For more information about:

- Hospital and specialist services, go to www.healthnz.govt.nz/hospitals-services/hospitals/canterbury
- Your health and medication, go to www.healthnz.govt.nz/health-topics

For information on parking, how to get to the hospital, and visiting hours, please visit the [Christchurch Hospital](http://www.christchurchhospital.co.nz) website.