

Care Gram

Transrectal Ultrasound (TRUS) Prostate Biopsy Surgery

What Is Transrectal Ultrasound Prostate Biopsy?

Transrectal ultrasound (TRUS) prostate biopsy is a test your doctor uses to detect disorders of the prostate gland. This test is often done to find the cause of:

- A lump felt by your doctor during an exam
- An elevated blood test result
- Trouble urinating

A doctor and other staff members specializing in this procedure will perform the test.

How Does TRUS Biopsy Work?

Special sound waves (like the sonar used by ships) locate your prostate. When sent into the body and returned, these sound waves produce images, which can be seen on a video screen. Once your prostate is located, your doctor can then obtain a tissue sample from your prostate to send to the Laboratory.

How Do I Prepare for the Test?

- Your doctor will tell you if and when you need to stop blood thinners before your procedure.

Examples of blood thinners include:

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|---------------------------------------|---|
| - Aspirin or any aspirin-type product | - Xarelto (rivaroxaban) |
| - Ibuprofen (Advil, Motrin) | - Pradaxa (dabigatran) |
| - Naproxen (Aleve) | - Brilinta (ticagrelor) |
| - Heparin | - Persantine (dipyridamole) |
| - Coumadin | - Plavix (clopidogrel) |
| - Warfarin | - Lovenox and other low-molecular-weight heparins (arixtra, fragmin, innohep) |
| - Effient (prasogrel) | - Herbal medicines and supplements, such as St. John's wort |
| - NSAID (Bufferin, Celebrex, Indocin) | - Fish Oil |
| - Pletal (cilostazol) | |
| - Eliquis (apixaban) | |
| - Aggrenox (aspirin & dipyridamole) | |



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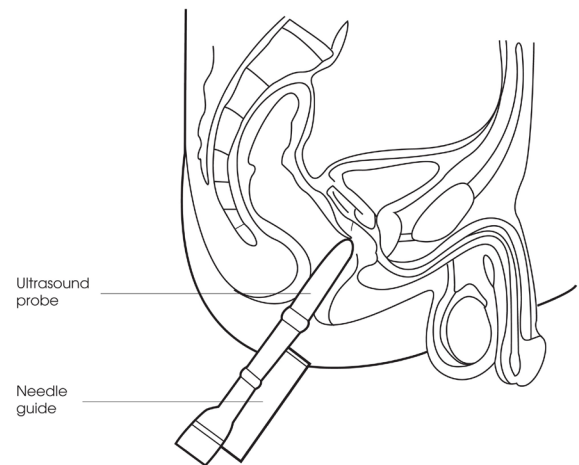
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- You may take Tylenol (acetaminophen).
- Do not eat or drink anything, including gum, hard candy, and mints, after midnight the night before your procedure.
- Tell your doctor if you have any allergies, especially to anesthesia.
- Bring a list of your current medicines with you to the test.
- Your doctor may order the test to be done using anesthesia – a medicine used to put you to sleep.
- Your doctor will prescribe an antibiotic – take your antibiotic as prescribed. You will need to take the medication the day before, the morning of, and the day after your biopsy.
- Use an enema the night before or morning of your procedure.

During Your Test

- You will be taken to the Surgery Department or the Radiology Department.
- You will be asked to lie on your side with your knees bent.
- A small device will be inserted into your rectum.
- Images will appear on the screen.
- The doctor will use the images to locate your prostate and obtain a sample.
- The sample will be sent to the Laboratory to be examined.



After Your Test

- It is normal to have some blood in your stool, urine, and semen for a few weeks after the test.
- Avoid strenuous activity, bending, or lifting for 24 hours after your test.
- Notify your doctor if you have trouble urinating.

Finding Out the Results

Results will be sent to your doctor's office. Licking Memorial Urology will set up a follow-up appointment one to two weeks after the test to review the results with you.