

Information Sheet: transperineal template biopsy of the prostate

This information sheet explains why a transperineal template biopsy of the prostate ('template prostate biopsy') may be suitable for you and what you can expect, outlining the advantages, possible risks and most common questions raised regarding this procedure.

This information describes the standard care and average recovery time of treatment and recovery from a template prostate biopsy; your care plan will be adapted to suit your specific needs.

Please contact your Peter Mac surgeon or specialist nurse for more detailed information.

The prostate

The prostate is a small male gland that produces semen, located around the start of the urethra which carries urine from the bladder to the penis.

Why do I need a template biopsy?

A template prostate biopsy shows your doctor whether any cells in your prostate gland have become cancerous. This is helpful when:

- results from your previous biopsy show no evidence of cancer but your PSA blood test is still elevated
- you have a prostate cancer diagnosis that does not require treatment and your doctor needs further information to plan possible treatment or observation.

A template biopsy can also diagnose other conditions, including:

- benign prostate hyperplasia (BPH: enlargement of the prostate)
- inflammation of the prostate gland or prostatitis
- prostatic intraepithelial neoplasia (PIN: a change in the prostate cells but not cancer).

What is a template prostate biopsy?

A template prostate biopsy is performed to gain detailed information about your prostate gland. Carried out under general anaesthetic, the biopsy involves inserting an ultrasound probe into the rectum and taking samples of the prostate gland from the area of the skin between the scrotum and rectum (the perineum) with a needle which is passed through a template (or 'grid'), allowing the prostate to be sampled in many different areas.

What is an ultrasound probe?

An ultrasound probe is a small device placed into the rectum that uses high frequency sound waves to create images of your prostate. This trans-rectal ultrasound, or TRUS, helps guide the doctor performing your biopsy.

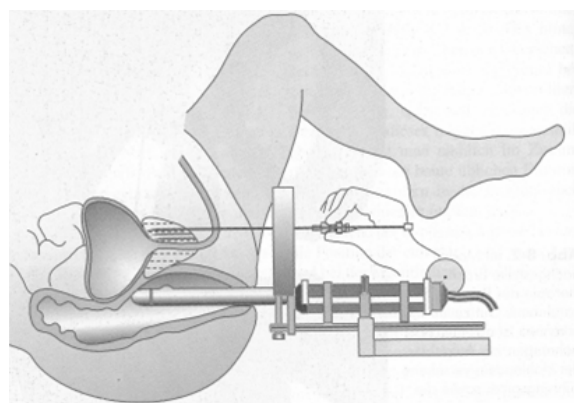
Asking for your consent

Your doctor will explain the full procedure to you including benefits and potential risks. If you agree and understand the explanation, you will be asked to sign a consent form. Please feel free to ask any questions at this time.

What are the risks of having a template prostate biopsy?

- Difficulty passing urine (2% risk)

The template prostate biopsy may cause internal bruising that can create difficulty in passing urine. This is more likely to occur in men who had difficulty passing urine before their biopsy. If you have difficulty passing urine you may need to have a catheter and should attend your local Accident and Emergency department immediately.



- Infection (1% risk)
If you develop a fever or have pain or a burning sensation when you pass urine, you may have developed a urine infection and you should seek advice from your GP.
- Blood when you pass urine
This can range from slightly rose-coloured urine to a dark red colour. You can manage this by increasing your fluid intake to help clear the urine. You should also avoid physical activity such as heavy lifting and bicycle riding in the few days following a template prostate biopsy, especially if you notice blood in your urine.
If there is heavy or persistent bleeding when you pass urine you should go to your nearest Accident and Emergency department and tell them about your recent biopsy.
- Allergic reaction
You may have allergic reactions to medication which you have been given. These are rare but if you are aware of any allergies please tell us before your biopsy.

How do I prepare for a template prostate biopsy ?

Before your biopsy you need to complete a Health Questionnaire, so your nurse can assess if you need to see an anaesthetist beforehand. It is important to tell your doctor or nurse if you are taking any medications, especially blood-thinning agents such as aspirin, warfarin or clopidogrel.

Are there any alternatives to this biopsy?

A prostate biopsy may also be performed by passing the biopsy needle through the rectum rather than through the skin. This is the more commonly performed approach for prostate biopsy but it is associated with a higher rate of infection.

Will I have a local or general anaesthetic?

The template prostate biopsy is performed under a general anaesthetic, administered through a small needle in the back of your hand. This will make you sleep for the whole procedure, so you will not feel any pain or discomfort. You will also have local anaesthetic to numb the area where the biopsies have been taken. You will wake up in the recovery room.

After your biopsy

If you had a general anaesthetic you will need someone to help you home, as your muscles may ache and you may feel dizzy or nauseous because of the anaesthetic. A general anaesthetic takes 24 to 48 hours to wear off, so please rest for this period of time. Before you leave, we will give you some medication to help you pass urine. You will need to take these until they have finished.

When you are at home

In the few days after your procedure: you may have mild discomfort in the biopsy area, with bruising around the skin of your testicles and an 'aching' sensation; you should rest and not do any heavy lifting; you may notice some blood in your urine and your semen may be discoloured (pink or brown) for up to six weeks, and occasionally longer — this is nothing to worry about. You should drink plenty of non-alcoholic fluids while you have blood in your urine.

If you display any of the following symptoms:

- increased pain
- a fever higher than 38 °C
- eight hours without passing urine
- passing large clots of blood
- persistent bleeding.

Please contact Peter Mac:

Monday to Friday 8.00am–5.00pm:

- Urology Surgical Registrar: via Switch Board on 03 9656 1111, or
- Robotic Surgery Nurse Coordinator: 03 9656 5149.

After hours contact:

- Patient Service Manager: via Switch Board on 03 9656 1111.

Results

Your results will take at least a week to come back. Please make sure you have an appointment for the follow-up clinic before you go home after your biopsy — your results will be discussed with your surgeon at this appointment.