

Having a Prostate Ultrasound (Transrectal Ultrasound or TRUS)

You are having an ultrasound of your prostate. It is used to check the size, location, and shape of your prostate gland and the area around it.

This sheet tells you what to expect. We review it in more detail before the scan. You can ask any questions at that time.

About your ultrasound scan

An ultrasound uses sound waves to create images of the prostate gland and the area around it.

A prostate ultrasound is also called a transrectal ultrasound of the prostate. Transrectal means through the rectum.

To do the ultrasound, a small probe, called a transducer, is passed into the rectum. The probe is about the width of a finger.

Who does the ultrasound scan

A radiologist (a doctor who specializes in medical imaging) does the scan. You might also meet a sonographer or support aide.

Our team can be male, female, or gender diverse. If you prefer a specific gender or you would like a hospital chaperone, please tell the booking clerk when scheduling the appointment. We can try to accommodate your request.

Your ultrasound scan results

We send the results of your scan to the doctor who ordered it and to your family doctor. This can take 7 to 10 days. Make an appointment with the doctor to review the results.

We do not allow anyone to take pictures or videos during the scan. If you want a copy of the images or the results, please ask at Ultrasound Reception about how to do this.

About your appointment

Please **arrive early** for your appointment. Give yourself time to find parking and check in at Medical Imaging before your appointment time.

Bring with you government-issued photo identification and your BC Services Card (personal health number).

The ultrasound scan takes about 15 to 30 minutes. The total time from when you check in at reception to when you leave the hospital can be up to 45 minutes. Please allow enough time on your parking to accommodate this.

If you cannot keep the appointment, let us know as soon as possible. We will try to reschedule you for another day.

If you are late, we might have to reschedule you for another day.

If you do not speak or understand English well enough to have medical conversations, please let us know when scheduling the appointment. We can arrange for a medical interpreter. You do not pay for this.

Bringing a support person

You are welcome to bring a support person with you. They can be with you **before and after** the scan.

If you need a support person during the scan, please speak to the Receptionist or sonographer.

Please arrange childcare for your children. **Do not** bring children with you, unless the child is the one with the appointment. We do not have anyone to look after children and they cannot come into the procedure room with you.

Preparing for your ultrasound scan

You should get specific instructions for your prostate ultrasound either from the doctor who ordered your scan or from the booking clerk when arranging the appointment.

Expect instructions such as:

- Do not eat for 8 to 10 hours before the scan.
- Give yourself an enema the morning of the scan to help clean out your colon and rectum.

Before the ultrasound scan

We do all of the following:

- Ask you to empty your bladder. A
- Ask you to undress from the waist down and give you either a hospital gown or a sheet to cover yourself.
- Review your health history and reason for the scan with you.
- Ask you to read and sign a consent form for the scan.

During the ultrasound scan

We ask you to lie on your side and bring your knees bent up towards your chest.

We dim the lights in the room to make it easier for the doctor to see the images.

The radiologist does the following:

- Covers the ultrasound probe with a protective cover and lubricating gel.
- Passes the probe into your rectum.
- Gently moves the probe around to see all of the prostate and takes images.

You should not have any pain during the ultrasound. If you do, let the radiologist know.

When finished, we leave the room to allow you to dress. If you need help getting off the stretcher, let us know.

Anytime you have a question or concern,
please ask us.

Locations

Abbotsford Regional Hospital	604-851-4868	Jim Pattison Outpatient Care and Surgery Centre	604-533-3308 Ext. 63926	Ridge Meadows Hospital	604-463-1800
BC Women's Hospital	604-875-2900			Royal Columbian Hospital	604-520-4642
BC Cancer Agency	604-877-6000	Langley Memorial Hospital	604-533-6405	R.W. Large Memorial Hospital	250-957-2314 Ext. 234
BC Children's Hospital	604-875-2329 Ext. 2	Lions Gate Hospital	604-984-5721	Sechelt Hospital	604-885-8608
Burnaby Hospital	604-434-4211	Mission Memorial Hospital	604-814-5188	Squamish Hospital	604-892-5211
Chilliwack General Hospital	604-795-4122	Mount Saint Joseph Hospital	604-877-8323	St. Paul's Hospital	604-806-8006
Delta Hospital	604-946-1121	Peace Arch Hospital	604-535-4510	Surrey Memorial Hospital	604-588-3308
Eagle Ridge Hospital	604-469-3172	Powell River General Hospital	604-485-3282	UBC Hospital	604-822-7076
Fraser Canyon Hospital	604-860-7711	Richmond Hospital	604-244-5104	Vancouver General Hospital	604-875-4111 Ext. 68612