



Having an Ultrasound-guided Prostate Biopsy

You are having an ultrasound-guided prostate biopsy. This means taking a small sample of tissue from your prostate to be examined by our laboratory. A prostate biopsy is done to check what was different from usual during your rectal exam or when you have an increased PSA result. Ultrasound is used to help see where to take the tissue samples.

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

Who does the biopsy

A radiologist (a doctor who specializes in medical imaging) does the biopsy. You might also meet a sonographer, nurse, 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.

About your appointment

Please **arrive at least 30 minutes early**. 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 total exam time can be up to 90 minutes from the time you check in at reception to when you leave the hospital. The biopsy itself might take only 15 minutes.

We might need to reschedule your appointment if you are late, or cannot keep the appointment as scheduled. Please let us know as soon as possible.

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

Preparing for the biopsy

Both your doctor and our Medical Imaging booking clerk will give you instructions. Your doctor prescribes antibiotics for you to take before the biopsy and tells you if you need to stop any of your medicines for the biopsy. Our Medical Imaging booking clerk gives you specific instructions on how to prepare and organizes any blood tests needed.

If you drive, usually you can drive yourself to and from your appointment. However, depending on the situation, you might need to arrange for a 'responsible adult' to drive you home afterwards. Please check with our Medical Imaging booking clerk to see if you should organize a 'responsible adult' to drive you home.

Bringing a support person

You are welcome to bring a support person with you. They can be with you **before and after** the biopsy. It is good for them to hear the instructions for care at home with you.

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. We do not have anyone to look after children and they cannot come into the procedure room with you.

Getting your results

The doctor who ordered the biopsy and your family doctor both receive a report of the procedure from Medical Imaging. The radiologist can only tell you if there is enough tissue for the laboratory, they cannot tell you the results.

Both your doctors receive the results of the biopsy from the laboratory. 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 Reception about how to do this.

Before the biopsy

We do the following:

- Ask you to undress from the waist down and put on a hospital gown.
- Review the procedure, confirm the actions needed to prepare, and answer any questions.
- Ask you to read and sign a consent form for the procedure.

During the biopsy

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, about the width of a finger, with a protective cover and sterile 'numbing' gel.
- Passes the probe into the rectum to see the prostate on the screen.
- Injects numbing medicine to 'freeze' the two nerves entering the prostate.
- Guides the biopsy needle into the prostate using the ultrasound images.
- Collects the tissue samples.

You might feel pressure or have a sensation of fullness in the rectum while the probe is in place.

It might sting or burn as the doctor injects the numbing medicine.

You should not feel any pain as the needle goes in. You might feel some pressure and discomfort as tissue samples are taken.

You will hear a clicking noise as the samples are taken. This is normal. It is important that you stay very still during the procedure.

Depending on the area being checked, the doctor could take up to 16 tissue samples. We send the samples to our laboratory. They then check the samples closely with a microscope for disease.

Care at home

Before you leave, we review how to care for yourself at home. These instructions help you manage pain and prevent any bleeding or infection.

The freezing lasts for about 2 hours. You might feel some soreness for a few days after the biopsy. This is normal.

Take your antibiotics as directed until they are all gone. Resume taking your other medications as directed by your doctor. If needed, take plain acetaminophen (Tylenol) for pain.

You might notice a small amount of blood in your stool (poop), urine (pee), or semen. This is normal and should go away within a few days.

For 48 hours after your biopsy, do not do any strenuous activities including lifting heavy objects, cycling, playing sports, swimming, or having intercourse.

When to get help

Call your doctor if you have a fever above 38.5°C (101°F), aches and chills, or both.

Go to the nearest emergency department if any of the following happen:

- You cannot pass urine (cannot go pee).
- You see a large amount of bright red blood when you pass urine.
- You pass a large amount of bright red blood from your rectum.

Locations

Abbotsford Regional Hospital	604-851-4866
BC Cancer Agency	604-877-6000
Burnaby Hospital	604-434-4211
Chilliwack General Hospital	604-795-4122
Langley Memorial Hospital	604-533-6405
Lions Gate Hospital	604-984-5775
Mission Memorial Hospital	604-814-5188
Peace Arch Hospital	604-535-4510
Richmond Hospital	604-244-5104
Royal Columbian Hospital	604-520-4640
St. Paul's Hospital	604-806-8006
Surrey Memorial Hospital	604-588-3308
UBC Hospital	604-822-7076
Vancouver General Hospital	604-875-4111 Ext. 68612

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