

PERIOPERATIVE SERVICES

Transrectal Ultrasound of Prostate and Biopsy (T.R.U.S.P) Patient Information

A transrectal ultrasound of the prostate is a test the Radiologist uses to look at the prostate gland and if necessary take samples (biopsies) to further help with your diagnosis and treatment.

This test does require bowel preparation.

1. **Bowel Preparation**

Fleet enema 2 hours before the appointment.

You can purchase a fleet enema at any drug store without a prescription.

2. **Diet**

Nothing to eat or drink after midnight, except to take your prescription medications with ONLY a sip of water.

3. **Antibiotics**

With a biopsy you will be given a prescription for antibiotics to help reduce the chance of infection. It is important you take the antibiotics as instructed. The day of the surgery you take your antibiotics with a sip of water only and you must let your Surgeon know if you have any artificial joints. This will allow your Surgeon to order the antibiotics best suited for you.

4. **Blood Thinners**

If you are taking aspirin™ or any blood thinner like Coumadin™, Plavix™, Ticlid™, Heparin™, ibuprofen™, Aleve™, Advil™, Motrin™, Naprosyn™, Indocid™, Celebrex™, Mobicox™, Arthrotec™ or Voltaren™, please tell your Surgeon. These medications can cause bleeding. Your Surgeon will advise you when to stop these medications before your procedure.

Medication Instructions



Some herbal supplements can also cause bleeding. It is advised to stop all herbal supplements (some examples are ginko, ginseng, garlic, omega fish oils, Vitamin E and feverfew) one week before the procedure.

YOUR BIOPSIES WILL NOT BE PERFORMED IF YOU ARE ON BLOOD THINNERS OR HAVE NOT TAKEN YOUR ANTIBIOTICS AT THE TIME OF YOUR PROCEDURE.

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Post-Operative Instructions Transrectal Ultrasound of Prostate and Biopsy (T.R.U.S.P)

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PAIN:

You may have discomfort after the procedure. Usually Tylenol™ or Tylenol™ extra-strength is all you need.

OPERATIVE SITE:

Bleeding

Watch for bleeding after the procedure. Blood is expected at the tip of the penis, in your sperm, stools or urine. Your urine may be tea coloured or contain blood. Blood in ejaculate may last for a few weeks. Bleeding is usually mild, and may last 4-5 days. occasionally 2-4 weeks. If you develop uncontrolled bleeding, go to the Emergency Department.

Difficulty Voiding

Although rare, some men may have difficulty emptying their bladder. If you do, go to the Emergency Department.

Infection

Although rare, infections do occur. Watch for fever, chills, pain and severe burning. Please take your full course of antibiotics as prescribed. If you have a fever of 38°C or 100.4° F, go to the Emergency Department for evaluation.

ACTIVITY:

Rest is recommended for 24 hours. You may return to work when you are comfortable, but refrain from any excessive physical activity for 48 hours e.g. riding a bike, heavy lifting or jogging.

DIET:

Resume your normal diet. You are encouraged to drink plenty of fluids.

FOLLOW UP:

You **MUST** call your Surgeon to arrange a follow up appointment to discuss results of the test – the appointment will be in approximately 2-4 weeks.

ADDITIONAL INFORMATION:

After the procedure – Do not take any medications containing **aspirin™**, **blood thinners**, **anti-inflammatories**, **herbal products** until advised by your Surgeon or Doctor.

NORS-1449-15-08