SURGICAL 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.

1. **Diet**

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

1. **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**.**

1. **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**

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

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.**

**PERIOPERATIVE SERVICES**

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

**PAIN:**

Discomfort in your groin and between your legs is not unusual for a few days.

For mild to moderate discomfort, you may take regular or extra strength Tylenol (Acetaminophen) for pain. You should avoid non-steroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen (Advil™), Aspirin, medications containing acetylsalicylic acid (ASA™) or blood thinning medications for 48 hours unless advised otherwise by your physician. You may be given a prescription for pain medication. Please use as directed.

**PROCEDURE SITE:**

**Bleeding**

Blood is expected at the tip of the penis, stools, urine and in your ejaculate. 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**

You may want to urinate frequently for the first 24 hours and have some burning with urination that may last for a few days. Although rare, some people 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 38ºC or 100.4º 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, jogging or heavy lifting (greater than 10 pounds or 4.5 kgs).

**DIET:**

Eat lightly after your surgery. Resume your regular diet the day following surgery. It is advisable to eat a high fiber diet and drink plenty of fluids to prevent constipation. Constipation may be a side effect of any prescription pain medication given to you by your physician. Increase the fiber in your diet and drink plenty of fluids to help prevent constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat). You may also purchase a mild laxative if needed. Speak with your community pharmacist.

FOLLOW UP:

You must arrange a follow-up appointment with your referring physician in 10-14 days to discuss the biopsy results. Any questions or concerns regarding your procedure should be directed to your referring physician or family physician.

**ADDITIONAL INFORMATION**:

Resume other prescribed medications you were taking prior to surgery, as recommended by the referring physician.

**Call your surgeon or go to the nearest Emergency Department if you have any of the following:**

* Excessive bleeding with the passage of clots in stool and/or urine
* Difficulty in passing urine
* Elevated temperature (38o or 100.4o) and/or chills lasting more than 24 hours
* Severe pain not relieved by pain medication

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same. Clean hands save lives.