

TRANSRECTAL ULTRASOUND AND BIOPSY

Ultrasound is an imaging test. It uses sound waves to form pictures of your organs that appear on a screen. **Transrectal ultrasound** uses a special probe that is placed directly into the rectum. This test lets your doctor assess the prostate gland, which is in front of your rectum. During the test, tissue samples (**biopsy**) may be taken.

If you are not on Medicare, call your insurance company for pre-certification. If they have any further questions, have them call us at (605) 336-0635, or at 1 (800) 657-5880.

Preparing for Your Test

- If you are taking Aspirin, Ascriptin, Advil, Nuprin, Ibuprofen, Coumadin, Warfarin, Panwarfin, Plavix, Lovenox, Aleve, Motrin, Celebrex, Ginkgo Biloba, Garlic Pills, Ticlid or any other blood thinning drug, you must stop taking these medications ____ days before your procedure.
- You will be asked to take a Fleets enema prior to your procedure. This can be purchased at your local drug store.
- You are encouraged to eat and drink prior to your procedure.
- Tell the nurse what medications you take. If you are on more than one medication, please provide an updated list of all current medications and known drug allergies. Answer any other questions the nurse may ask about your medical history. Your answers will help the nurse and your physician tailor the test to your health needs.
- Take your antibiotics as directed: _____

- You are encouraged to take 2 (two) Extra Strength Tylenol prior to your procedure. If you are unable to take Extra Strength Tylenol, please contact your physician's nurse.

During Your Test

- You will be asked to change into a gown. You will then lie on your left side on an exam table, with your knees bent.
- The test is done with a hand-held probe (**transducer**). This is a short, slender rod. It is covered with a sterile sheath and non-greasy gel. It is then gently placed into your rectum.
- You will feel pressure from the probe. If you feel pain, let your physician know.
- Your physician will administer a local anesthetic of **Lidocaine** which is injected directly into the prostate prior to taking the biopsies.
- If a biopsy is taken, it is done using a probe with a small needle on the end. This needle enters the prostate and removes several small samples of tissue. These samples are then sent to a lab to be examined. You should receive your biopsy results in 7-10 days from the day of your procedure. **If you have not heard from our office by 1 week from your procedure, you are encouraged to call your physician's nurse.**

After the Test

Do not ride a snowmobile, lawnmower, bicycle, motorcycle or tractor or do any heavy lifting following your procedure at least 24 hours or as directed by your physician.

Drink plenty of water following your procedure. 6-8 glasses of water per day is recommended.

You may notice blood in your urine, bowel movement or ejaculate for 10-14 days after your procedure and sometimes up to one (1) month. This is normal.

You will be discharged home when the following criteria have been met:

- Your vital signs are stable
- No active bleeding from operative site
- You are able to ambulate without dizziness
- You are accompanied by a responsible adult for safe transportation home

Call your doctor if:

- You are passing clots or are unable to urinate
- You develop a fever over 100.5° after the procedure.