When will I be told my results?

You will be told your results three to four weeks after having your biopsies. This appointment is likely to be arranged at short notice. If you have not been contacted by the hospital within four weeks of your biopsy then please ring **0300 019 4977** and leave a message for the clinical nurse specialist team. Your results appointment might be with the clinical nurse specialist, and you may wish to bring a relative or close friend with you for support.

Any questions?

If you have any further questions in relation to this procedure that have not yet been answered then please leave a message for the clinical nurse specialist team on **0300 019 4977**. If you leave your full name and hospital number your call will be returned within one working day (Monday to Friday).

To read this leaflet in a different language, please visit our website: **www.uhd.nhs.uk/visit/patient-information-leaflets** and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499** or email **uhd.patientexperienceteam@nhs.net**.

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Local Anaesthetic Transperineal (LATP) Prostate Biopsy

Patient information

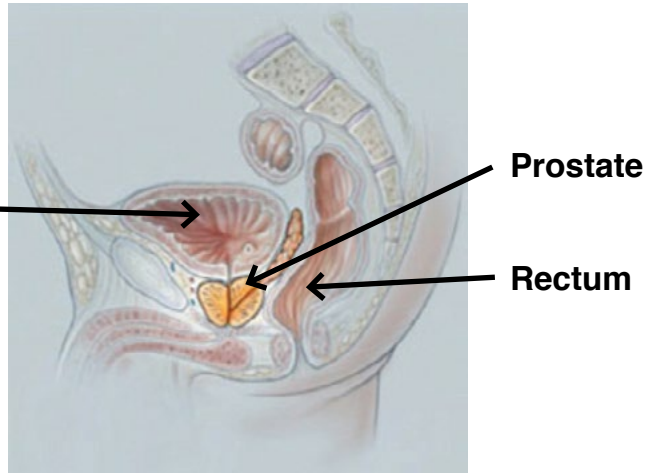
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This leaflet aims to provide you with information on what happens when you have a local anaesthetic transperineal (LATP) prostate biopsy. It explains what the procedure is, why it has been recommended for you, and the risks and benefits associated with it.

What is the prostate?

The prostate is a small gland found only in men. It lies at the base of your bladder, in front of your rectum, and surrounds the first part of the tube (urethra) which carries urine from the bladder through the penis.



What is PSA?

Prostate Specific Antigen, or PSA, is a protein that is produced by the prostate gland. Your level of PSA is measured via a blood test. A raised level of PSA may indicate any of the following:

- A benign (non-cancerous) enlargement of the prostate - ie the bigger the prostate, the more PSA is produced
- An infection, such a prostatitis
- Prostate Cancer

It is important to remain well hydrated following a prostate biopsy and increase your fibre intake to avoid constipation as straining may cause further bleeding.

Major side effects

Please telephone the Surgical Admissions Unit without delay on **0300 019 6435** or **0300 019 6009** and speak to the nurse in charge, advising them that you have had a prostate biopsy recently if any of the following occur:

- you are unable to pass urine
- you start to pass large blood clots
- you have persistent or heavy bleeding - dark red urine (unable to see through) for six to eight hours, despite drinking plenty of fluids (1.5 to 2 litres)
- your pain increases significantly despite taking simple pain relief
- you have a temperature higher than 38°C and you feel generally unwell or are shivering and shaking

You may need to be admitted to the ward to have a catheter fitted to drain your bladder and be monitored for signs of infection. You may also need to be given intravenous antibiotics. If this is the case, you will need to stay in hospital for several days.

Injury to nerves

There may be some injury to nearby nerves or tissues. Some men notice a slight reduction in their ability to obtain or maintain an erection following a transperineal prostate biopsy, but this is normally only a temporary problem.

Local Anaesthetic Transperineal (LATP) Prostate Biopsy

You will have been advised when to stop taking your blood thinners prior to the procedure and you can re-start them 48 hours following the procedure if the bleeding has settled. You also need to tell us if you are allergic to any medications and if you have any bleeding or clotting conditions. It is also important you tell your doctor about any other medical conditions before this biopsy. If you feel that any of this information was not discussed with you at the time of your clinic appointment then please telephone **01202 303626** and ask to speak to your consultant's secretary.

Eating and drinking

You can eat and drink as normal on the day of the biopsy and take all of your normal medications with the exception of any blood thinning drugs. You will have been advised when to stop taking your blood thinners prior to the procedure.

Bowels

Before you leave home to come to the hospital please try to empty your bowels, as this will make the procedure more comfortable for you.

What happens on the day of my prostate biopsy?

On the day of your biopsy you will need to book in at the reception desk in the ultrasound department. The procedure is carried out as a day case which means you will leave on the same day.

You will be asked to change into a hospital gown prior to the procedure, removing the bottom half of your clothing only (ie trousers and underpants). When the clinician is ready you will be directed to the biopsy room where you will be asked to sit in the biopsy chair. You will then be asked to place your legs into the supportive stirrups to make sure you are in the correct position for taking the biopsies. The clinician will apply some tape to elevate your scrotum out of the way. They will then lift the supportive stirrups to bend your knees. If the position is uncomfortable, please let a member of the team know.

The clinician will then gently insert a finger into your back passage to feel the prostate. They will then insert lubricating jelly with a syringe and an ultrasound probe into your back passage to obtain images of the prostate. You will pass the jelly normally when you next go to the toilet.

Your skin will be cleaned with an antiseptic fluid before the local anaesthetic is injected. The injection will be given through the perineum (the skin between the scrotum and anus) and then deeper to anaesthetise around the prostate. This may sting for a few seconds, and then the area will start to go numb. It will take a few minutes for the anaesthetic to take full effect.

A needle guide will then be inserted through the perineum. The biopsy needle will be inserted through this guide tube. The needle guide and biopsy needle will be inserted twice, taking multiple samples from the left and right side of your prostate. If you feel pain when the first biopsy needle is inserted, please let a member of the team know. They can give you more local anaesthetic.

The biopsies are taken with a device that contains a spring-loaded needle. You will hear a loud 'click' and may feel a flicking sensation as the biopsy is taken. It may be uncomfortable, but it should not be painful.

The procedure will take around 20 to 30 minutes.

What to expect immediately after the biopsy

After the biopsy there may be a small amount of bleeding from the puncture sites. We will give you a small non-adherent dressing at the time of the procedure, but it is possible that you may get a small amount of blood staining in your underwear.

You may feel lightheaded after the procedure, so we will ask you to get up slowly and get dressed. We will ask you to wait in the department until you feel normal and have passed urine. This may take up to one hour.

We recommend you have someone drive you home after the biopsy. When you arrive home, you should rest for about four hours.

What are the risks of having a transperineal biopsy?

A transperineal prostate biopsy is a safe procedure.

Minor side effects

You may experience some minor side effects, such as:

- mild discomfort in the biopsy area for one or two days after the biopsy (you can take some simple pain relief such as paracetamol or ibuprofen to help with this)
- blood in your urine for up to 10 days (you should drink plenty of non-alcoholic fluids)
- a pink or brown colour to your semen for up to three months

These minor side effects are normal.

Why has a prostate biopsy been recommended?

There are a number of reasons why you may have been advised to have a prostate biopsy:

- If your PSA blood test shows a high level of PSA then this may indicate prostate cancer
- Your clinician may have found an abnormality during a digital rectal examination (DRE). A DRE is where a clinician feels your prostate gland through your rectum (back passage) with their finger
- You may have had an MRI (Magnetic Resonance Imaging) scan that has shown some abnormal areas within the prostate. A prostate biopsy can help to clarify if these abnormal areas contain any cancer cells
- You may already have a diagnosis of prostate cancer and require a prostate biopsy as part of your surveillance follow-up programme

The LATP prostate biopsy will allow the clinician to take samples of tissue directly from the prostate gland. This tissue will then be sent to the laboratory and looked at under the microscope to determine if there are any cancer cells present.

How do I prepare for the prostate biopsies?

Before the biopsy you need to tell your doctor or nurse if you are taking any medication. In particular you need to inform us if you have been prescribed any anticoagulant or antiplatelet drugs that are used to thin your blood such as Warfarin, Clopidogrel, Prasugrel, Ticagrelor, Ticlopidine, Dipyridamole, Dabigatran, Rivaroxaban, Edoxaban or Apixaban.

Local Anaesthetic Transperineal (LATP) Prostate Biopsy