

## TRANSRECTAL ULTRASOUND OF THE PROSTATE

**WHAT IS TRANSRECTAL ULTRASOUND?** Ultrasound is a quick, safe, and simple method of investigating the prostate gland and the structures surrounding it. High frequency sound waves produce an image which can be used to provide information about various organs of the body.

**WHY IS IT USED?** Ultrasound of the prostate can be performed for various reasons. The most common is to image a prostate that is suspicious for abnormal growth. With ultrasonic guidance, a needle biopsy of the prostate can be done at the same time and be done with precise guidance.

**HOW TO PREPARE** Avoid taking aspirin for 7 days or aspirin related medications (Ibuprofen) for 5 days prior to the ultrasound. The antibiotic pill(s) should be taken 2 hours prior to the exam. Please do not urinate for one hour before the examination. A full bladder helps to provide a better image of the prostate. You may have a light lunch if the exam is scheduled for the afternoon.

**HOW IS THE EXAM DONE?** An explanation of the exam will be given and you may ask questions at that time. You are then brought into the exam room and are asked to lie on your side undressed below the waist with a cover. The ultrasound probe is placed into the rectum and the imaging process is started. Images and measurements are noted on a video screen, and a picture(s) will be taken for a permanent record.

**BIOPSY OF THE PROSTATE** If a decision has been made to perform a biopsy of the prostate, this can be done using ultrasound guidance. With the probe in place in the rectum, local anesthetic will be given to decrease sensation of the biopsies. A special small biopsy needle is placed through the ultrasound probe and through the anesthetized rectal wall into the prostate while using the images provided by the ultrasound for guidance. Each biopsy takes a split second and most patients have minimal discomfort. The entire procedure takes 20 to 30 minutes. You may then go directly home, or return to work in most cases.

**EXAM RESULTS** The results of the ultrasound will be discussed with you by Dr. Cannon. The prostate biopsy is prepared and examined by a pathologist. The results are usually available in 5-9 days.

**AFTER THE EXAM** There are three conditions that are unusual. If any of these conditions occur, call Dr. Cannon immediately:

1. Excessive pain: You may experience some discomfort following the biopsy. Taking Tylenol should help. Do not take aspirin or blood thinners until 24 hours after the biopsy. Call Dr. Cannon for uncontrolled excessive pain.
2. Excessive Bleeding: Do not be alarmed if you have some blood in the rectum or in the urine. This is normal and may last up to five days. Blood in the ejaculate may last a few months. However, you should contact Dr. Cannon immediately if the bleeding is excessive, prolonged or if you pass clots.
3. Fever: If you run a fever over 100 degrees or experience shaking chills, contact Dr. Cannon. It is advised that you not leave the area for 48 hours after the biopsy in case an infection develops.

Any questions? Please feel free to contact Dr. Cannon at his office:  
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