

TRUS Biopsy



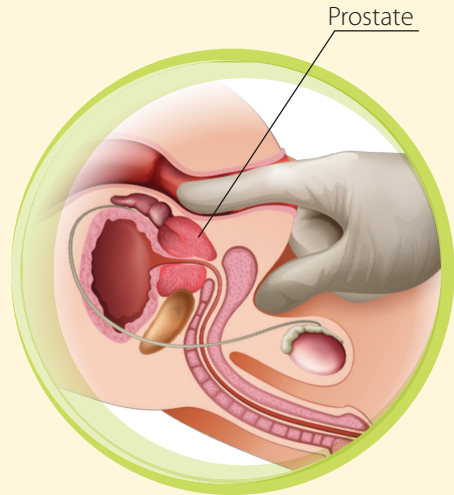
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What is Transrectal Ultrasound (TRUS) biopsy?

This is an ultrasound examination of the prostate gland. The test is performed if your doctor suspects that you may have prostate cancer. This may be because your prostate specific antigen (PSA) blood test is abnormal, or there is abnormality found during physical examination or in your imaging scans.

Transrectal Ultrasound (TRUS) biopsy usually takes about 20 minutes. It allows your doctor to view your prostate using a special ultrasound probe and take sample tissues from several parts of your prostate to examine for the presence of cancer.

TRUS biopsy is usually performed as a day surgery procedure.



Digital Rectal Examination
during TRUS biopsy

How do I prepare for the biopsy?

You will need to fast for at least six hours before the procedure.

You may be given a laxative or enema to clear the stools from your rectum.

If you are on antiplatelets or anticoagulants, these medications need to be stopped before the procedure so as to reduce the chance of bleeding. Your doctor will advise you on when to stop taking these medications.

What happens during the biopsy?

Multiple biopsies will be taken to optimise the chances of detecting cancer. Antibiotics will be administered before the procedure to reduce the risk of infection. You may also be given some sedation during the biopsy.

You will be asked to lie on your left side of your body, with your knees bent towards your chest. This position facilitates insertion of the rectal ultrasound probe.

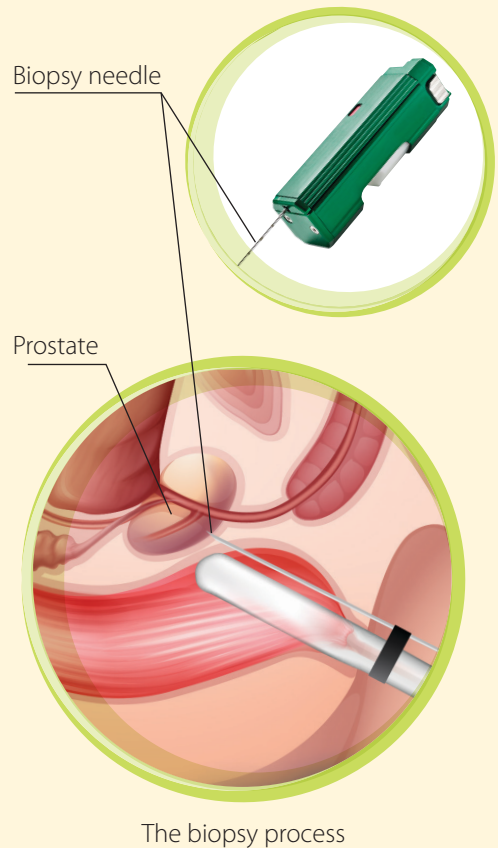
The probe will be lubricated, and gently inserted into your rectum. During the ultrasound examination, biopsies will also be taken.

You may hear a sound when the biopsy is taken. You may feel some discomfort during the biopsy. The discomfort is minimal and usually subsides by the time the procedure is completed.

With sedation or local anaesthesia, many patients do not experience any discomfort at all.

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Antibiotics will be administered during the procedure to reduce the risk of infection.



What can I expect after the biopsy?

You will be given oral antibiotics at the end of the biopsy to reduce the risk of infection. You must complete the course of the antibiotic. You will be discharged on the same day if you are well.



Possible symptoms after the biopsy

➡ Traces of blood in your urine, stools or semen

This is very common and will usually subside over time. You are advised to drink 1.5 to 2 litres of water per day unless otherwise advised by your doctor, for the first one or two days after the biopsy.

➡ Burning sensation while urinating

This will subside over time. You may wish to take painkillers such as Panadol to ease this discomfort.

➡ Difficulty in urination

A urinary catheter may be inserted to drain the urine. If you develop a high fever, you are advised to return to the hospital immediately.

You can contact the Urology Clinic (during office hours) at 6788 8833 or go to the Accident and Emergency (A&E) department if you experience:

- ➡ Persistent, severe or worsening bleeding
- ➡ An inability to pass urine
- ➡ Fever and chills



Frequently asked questions

1. Are there any risks from TRUS biopsy?

You may notice some blood in your urine and stool after the biopsy. This is usually mild and will gradually subside. In rare cases, if it becomes severe, you may be admitted into the hospital for observation and given intravenous antibiotic for treatment.

Retention of urine may occur and this requires insertion of a urine drainage tube.

This list of complications is not exhaustive and does not replace a detailed consultation with your doctor.

2. When will the test results be known?

The test results will not be released on the same day as your biopsy, as a pathologist will need to examine the prostate samples under a microscope. You will be informed of your results during your follow-up visit with your doctor.

3. What happens if the test is positive?

If the biopsy is positive for cancer, specialised imaging such as bone scan, magnetic resonance imaging (MRI) scan, etc., are required to check whether the cancer is limited to the prostate gland, or has spread to other parts of the body.

Your doctor will discuss the appropriate treatment for you when the results of these tests are known.

4. What happens if the test is negative?

If the biopsy is negative for cancer, you will require follow-up with blood tests such as a prostate specific antigen.

A negative TRUS biopsy does not fully preclude the presence of prostate cancer, as a small cancerous lesion may not have been detected from the biopsy. It is therefore important to continue your follow-up visits with your doctor. If your PSA level is still abnormal after your biopsy, your urologist will advise you on the most appropriate investigations which may include a repeat biopsy or a MRI scan of your prostate to rule out prostate cancer.



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