

One Stop Prostate Cancer Assessment and Biopsy

Patient Information

Surgical Division



One Stop Prostate Cancer Assessment and Biopsy

You will need to attend the urology ward for a full assessment prior to any further treatment. The assessment involves discussing the possibility of you having prostate cancer and doing some tests to assess how well you are passing urine. The assessment is essential so that you fully understand all the information required before you decide to embark on the tests and the biopsy. The Urology Nurse Practitioner and the Urology Doctor will do the assessment and the tests if required.

If you are taking any blood thinning medication such as Warfarin, Clopidogrel or Aspirin, it is important that you inform the hospital at least 7 days before your appointment so that instructions to stop the medication can be given. Please contact the Waiting list office or the Urology Nurse Practitioner.

Once you arrive on the ward, the Nurse Practitioner will greet you and discuss the assessment with you. He / She will explain the options available to you regarding having a prostatic biopsy. You will then need to have a flow rate test and a bladder scan. This involves you passing urine into a special device which assesses how well you can pass urine. Once this has been done, the Nurse Practitioner will scan your bladder to see if you have emptied your bladder completely. This is completely painless and will only take a few minutes. If possible it would be helpful if you could attend the hospital with a full bladder so that the flow rate test can be done straight away. Don't worry if this is a problem for you. We can give you plenty of fluids to drink once you arrive to fill your bladder.

The Urology Doctor will want to speak to you following this test to let you know the results and to further discuss with you the options of having a biopsy. It is essential that this pre procedure counselling is carried out as you need to be aware of all the facts before making the decision to proceed with the biopsy.

If you decide not to go ahead with the biopsy, you will be able to go home with a clinic appointment in a few weeks.

If you decide that you wish to proceed with the biopsy, you will be given some antibiotics to protect you from getting an infection and you will have a blood test done to make sure that your blood is clotting normally. You must let the nurse know if you are allergic to any antibiotics and also provide him/ her with a list of the medication you are currently taking. You will need to wait approximately an hour for the antibiotics to be effective and for the results of your blood test to come back. Once these are available and all is well, the doctor will do the biopsy.

What is a prostatic biopsy?

A prostatic biopsy is performed to remove a small sample of tissue from the prostate gland. This sample of tissue is sent to the laboratory to be tested. The reason for doing the biopsy is to detect signs of prostate cancer and this will be discussed with you in detail by the Urologist before you give your consent for the biopsy.

The examination and the biopsy will be done by the urologist and takes place in the clinic room. You will be asked to lie on your side on the examination couch. A rectal examination is required before the biopsy is taken.

A small ultra sound probe is inserted into your back passage, which allows a picture of the prostate gland to be displayed on a television screen. This detailed picture will show any abnormality and allow the doctor to take biopsies from any abnormal areas. Several biopsies may be required. The procedure can be a little uncomfortable, so prior to the biopsy local anaesthetic will be given to you. Further pain relief is available if you require it during the procedure. You will be fully awake at all times and the nurse will stay with you during the biopsy.

What happens after the procedure?

Once the procedure is over you will be able to go home. You will be given some more antibiotics to take home with you. It is important you take them as instructed. You may notice some bleeding from your back passage after the biopsy. The nurse will give you a small pad to wear inside your underwear. Don't be alarmed by the bleeding, this is completely normal and should settle in 24 hours. The results from the biopsy will take approximately 2 weeks. You will be contacted by the hospital as soon as they are available.

Discharge home

It is advisable to rest for a couple of days. If you feel well following this continue normal activities. You will be given some pads to take home. Use these until the bleeding from the back passage stops. This should settle within 48 hours. If the bleeding becomes heavy or lasts longer than stated, contact your GP or any of the numbers below. You may notice blood in your urine and semen. This is expected and will settle within a few days. It is important that you drink plenty of fluids after the biopsy to clear any blood in the urine. 2 litres of fluid a day is sufficient. You may experience some discomfort when passing urine for a day or two after the biopsy. This is quite normal.

A small minority of patients may get an infection. If you feel unwell after the biopsy with a high temperature, shivering or experience problems passing urine, you should contact your GP, the contact numbers below or visit the Accident and Emergency department. If you do get an infection you may need to be admitted to hospital for a few days whilst we give you some stronger antibiotics.

You will not routinely need to visit your GP. However if you experience

- Heavy prolonged blood in the urine
- Heavy rectal bleeding
- Severe rectal pain
- High temperature
- Generally feeling unwell
- Symptoms which cause you concern

You should avoid strenuous activity for a week. You can resume driving straight away and sexual activity as soon as you feel comfortable to do so.

Risks

There are complications that may occur as a result of this operation which you must consider before you sign your consent form.

Common risks:

- 50% of patients will experience blood in the urine
- 10 - 20% of patients will experience bleeding from the back passage

Rare risks:

1% of patients will get an Infection

Occasional risks:

- Blood in the semen

Alternate therapy:

- Watch and wait

If you would like advice or are worried please feel free to contact any of the following who will be only too happy to help.

TELEPHONE NUMBERS

Urology Secretary - (01253) 303565

Urology Secretary - (01253) 306996

Urology Ward - (01253) 657276

Urology Nurse Practitioners - 01253 306943

You will be sent an appointment through the post to be seen in the clinic
in the next 4 weeks

Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call **01253 655588**.

Patient Advice and Liaison Service (PALS)

Do you need information or advice about NHS services? Do you have concerns about you or your family's healthcare or are seeking a resolution to a problem and cannot get an answer to your questions? PALS is here to listen and support you in whatever way they can to ensure your experience of healthcare services is a positive one.

Tel: **01253 655588**
email: **pals@bfwh.nhs.uk**

You can also write to us at:
**PALS, Blackpool Victoria Hospital
Whinney Heys Road
Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

Travelling to our hospitals

For the best way to plan your journey to any of the Fylde's hospitals visit our travel website: www.bfwhospitals.nhs.uk/departments/travel/

Useful contact details

Switchboard: **01253 300000**

Useful Websites:
Patient UK (2009) Cancer of the prostate

Blackpool, Fylde and 
Wyre Hospitals
NHS Foundation Trust

Approved by:	Clinical Governance Committee
Date of Publication:	10/06/2010
Reference No:	PL/328V2
Author:	Julia Langwade
Review Date:	01/06/2013