

Advice and aftercare following Template Guided Prostate Biopsy (1 of 3)



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The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Name: Heather Durham
Role: Nursing Sister
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Why do I need a template guided prostate biopsy and what are the alternatives?

Your doctor has advised you to have this procedure to check your prostate for the presence of prostate cancer.

The alternative is a transrectal prostate biopsy which can be done under local anaesthesia but carries a higher risk of infection, and is considered less accurate in sampling the different parts of the prostate.

What will happen?

A template guided biopsy is carried out under a light general anaesthetic. After the anaesthetic has been administered an ultrasound probe is gently inserted into the back passage and the prostate is scanned.

Placing a grid (template) with holes spaced every 5mm against the perineum, (the area between the scrotum and anus), a biopsy needle is inserted through each hole and the prostate is sampled. Each biopsy we take is analysed by a Consultant Histopathologist and examined separately under the microscope. A report is given telling us whether each biopsy has cancer in it or not. Other information is also given, such as whether the tissue looked inflamed, or whether there are other features such as precancerous areas in the prostate. Typically between 30-50 biopsy samples are taken and the whole procedure lasts between 20-40 minutes.

Strong antibiotics are then given through a vein.

What is the preparation for template guided prostate biopsies?

The nurses in the pre-operative assessment clinic will tell you if you need to stop taking any of your medications before the operation.

You should not eat anything for 6 hours before your procedure time to ensure your safety under anaesthetic. You can drink water up until 2 hours before your procedure time.

You will be seen by the surgeon before the procedure. He will answer any questions you may have. If you have not already done so you will be

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asked to sign a consent form to state that you agree to have the procedure. The anaesthetist will see you before the procedure to discuss the anaesthetic with you.

What are the risks of template guided biopsy?

Template guided prostate biopsies carry no extra risk than a normal prostate biopsy carried out through the rectum. Complications of both include:

- bruising of perineum that occasionally spreads to the scrotum
- temporary discomfort or pain in the back passage area (most men)
- bloody urine for the first few hours to 2 days (most men)
- bloody semen for a few days in most men (lasting for up to 3 months in a few men)
- prostatitis (inflammation or infection of the prostate) in some men
- retention of urine requiring a temporary catheter (2 - 10 in 100)
- infection (requiring admission and intravenous antibiotics (0 - 1 in 100)
- a few men have experienced temporary poorer erections
- possibility of urine retention and difficulty in passing urine.

What should I expect when I go home?

You will be given tablets called Tamsulosin and pain killers to take after the procedure. Tamsulosin works by relaxing the muscles around your bladder neck and prostate so that you can pass urine more easily.

You may experience some perineal pain or discomfort after the procedure but paracetamol or other simple pain killers should be adequate.

You can expect to see some blood in your urine for 1 - 2 weeks following the biopsies. There may be some blood in your semen for up to 3 months. If the bleeding becomes excessive, prolonged or if you start to pass blood clots, then you should seek medical attention.

You should drink plenty of fluids.

Occasionally swelling may occur in the prostate gland as an inflammatory response to the biopsies being taken. This can cause difficulty in passing urine and may very occasionally cause the ability to pass urine to stop completely. This is known as urinary retention and you would then need a catheter inserted to drain your bladder for a few days. You will not be allowed to go home until you have passed urine.

There is a less than 1 in 100 risk of developing sepsis (a very bad infection) after prostate biopsy. The antibiotics you will be given should help prevent this. If you develop flu-like symptoms within 24 hours of the biopsies being taken, (fever, cold shivers, general aching), you should seek medical assistance immediately.

When can I go back to work?

You can usually return to work the day after you have been discharged from hospital, if you feel ready to do so.

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When can I drive?

You need to check with your insurance company about your cover following anaesthetic. You also need to feel comfortable doing an emergency stop. If you are taking any medication, check with the pharmacist whether it is safe to drive while taking them.

When will I get my results?

You will be given an appointment to come back for your biopsy results, which can take around 3 weeks.