Ultrasound Guided Biopsy
Transrectal

Your doctor has scheduled a biopsy to be done on________. Please report to the Radiology (G3/3) on the 3rd floor at ________. Before the biopsy, our doctors will explain what will happen, answer any questions, and ask you to sign a consent form.

What is a Transrectal Ultrasound Guided Biopsy?
A transrectal ultrasound guided biopsy is done using an ultrasound probe placed in the rectum. The probe is covered with a condom and gel that sends out sound waves. This produces an image of the structures in your body onto a TV like screen creating a picture. The probe will guide the doctor to the area of concern.

You are asked to lie on your side. The area of concern will be looked at with the rectal probe. Local anesthesia will be injected into the area to biopsy to prevent pain during the biopsy.

How to Prepare for the Biopsy
- You are prepared for your procedure in our prep and recovery area before your biopsy. We start an IV and take your blood pressure, pulse, respirations, and temperature. This makes sure you are safe to have the procedure and can be given sedation.
- You may have lab tests done on the day of the test. We may draw blood for a platelet count and INR. This will be done when your IV is started or in some instances we may request this to be done in the lab prior to registration.
- Please tell us if you take blood thinners such as Coumadin® (warfarin), Heparin, Plavix®, Pradaxa®, Ibuprofen, Naproxen, low molecular heparin injections (Fragmin®, Lovenox®) or daily aspirin. Someone from Ultrasound will call your doctor and let you know when you should stop taking it and when you should start again.
- If you have diabetes, please call your doctor to discuss how your medicine should change before this procedure. Test your blood sugar more often when you can’t eat, as well as before the procedure. If your blood sugar level is low (less than 70mg/dl) or you have symptoms, eat some glucose tablets or drink 4 ounces of a clear liquid with sugar. Always recheck your blood sugar level to make sure it stays above 70. We may still be able to do the procedure unless you need to eat solid food to keep your blood sugar at a normal level. If the blood sugar ever gets too high or too low and you can’t bring it back to normal, call your local doctor or diabetes doctor.
- **Stop eating at _______the day of the procedure. You may drink clear liquids until _________the day of the procedure.** Clear liquids include black coffee, tea, water and juices without pulp that you can see through.
You are awake for the procedure. You may be given Midazolam and Fentanyl medicines in your IV to help mildly sedate you before the procedure. Please tell the nurse if you have sleep apnea. Someone must drive you home if you receive any medicines. You should not drive or make important personal or business decisions until the next day.

You are asked to take an antibiotic 1 hour prior to the procedure. This is to prevent infection. Two more doses are required at 12 hours and 24 hours after the procedure. You are either given a prescription for this medication or it will be called into your pharmacy.

During the Biopsy
Be sure to tell the radiologists if you have any allergies (medicines, antibiotics, anesthetic agents, etc.)

An IV will be used to give you IV fluids.

Using the transrectal ultrasound for guidance, the tissue sample is taken out with a special needle. One to three samples may be taken. The tissue sample is then sent for exam under a microscope.

After the Biopsy
- You return to the recovery area in Radiology to rest for 2-4 hours. During this time you are able to get up to use the bathroom. Call the nurse for help if you need it. Your blood pressure, pulse and respirations are monitored as well as checking for any signs of bleeding (spotting is to be anticipated).
- After local anesthetic wears off, you may feel some discomfort at the site. Your pain should not be severe, but is often described as somewhat sore. If you have discomfort, use Tylenol® up to 3 times daily. You may talk to the doctor or nurse if you have questions about the dose. The pain should go away within the first 24 hours.
- You are not able to eat or drink for 1 hour after the biopsy. A meal will be provided for you.
- Tell the nurse if you have new pain, nausea, vomiting, or chills.

Your Care at Home
- You may eat or drink what you like once you arrive home. Do not drink alcohol for the first 24 hours.
- Rest and take it easy for the first 24 hours. Resume your normal routine after 24 hours.

When to Call the Doctor
Call if you have any other questions or concerns.

Report the following findings:
- Dizziness, feeling faint, or light-headed.
- Rectal bleeding more than spotting. The spotting should subside in 2 days.
- Abdominal pain that worsens over the course of 1-2 days
- Fever over 100.4 or 38 C
Phone Numbers
During the day (7:30am – 4:30pm) call the Ultrasound department (608) 262-5279 or nurse (608) 261-5634.

If you live out of the area, please call 1-800-323-8942.

Evenings and weekends call your local doctor or report to your local emergency room.

Your doctor will discuss the results with you when they are available.