

## INFORM YOUR DOCTOR IMMEDIATELY IF YOU HAVE:

1. Persistent fever which is higher than 38°C and chills
2. Excessive blood or clots in your urine or stools
3. Difficulty or inability to urinate

### CONTACT DETAILS

Clinic 2A  
TTSH Medical Centre, Level 2

Contact : 6889 4258

Operating Hours

Mon – Fri : 8.00am – 5.30pm

Clinic 2B  
TTSH Medical Centre, Level 2

Contact : 6889 4242

Operating Hours

Mon – Fri : 8.00am – 5.30pm

### Disclaimer:

The instructions in this pamphlet are non-exhaustive. In specific cases, you may receive different or additional instructions from your doctor.

You are advised to follow any specific written or oral instructions given to you by your healthcare team.

Please clarify any queries with your healthcare team when you are in doubt.

### Clinic 2A

TTSH Medical Centre, Level 2

### Contact:

6256 6011 (General Enquiries)

### Urology Clinical Coordinator hotline

Contact: 9726 1802

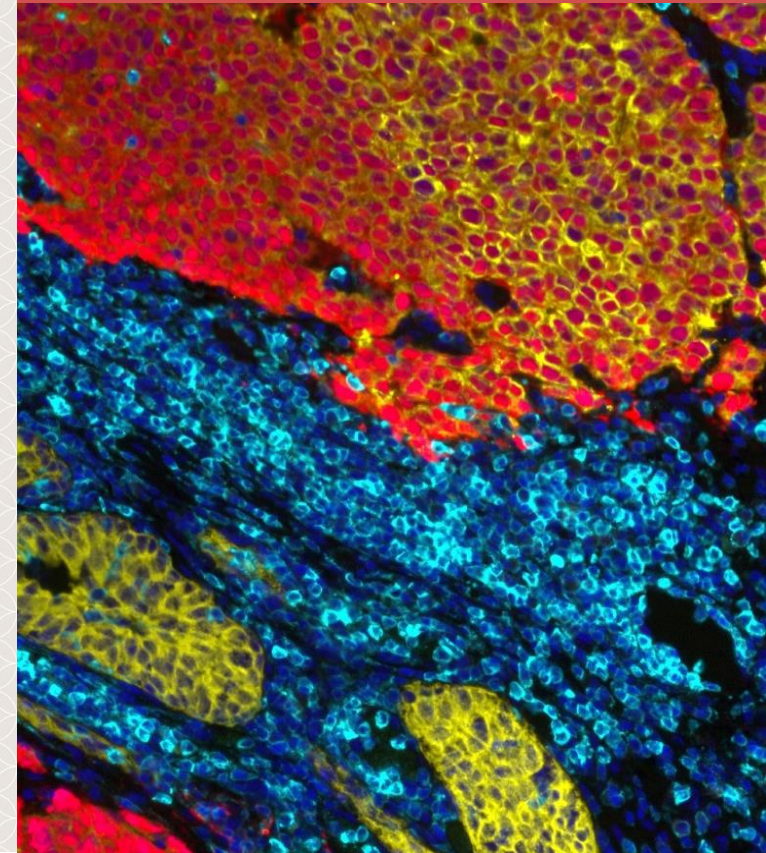
Mon – Fri: 9.00am – 5.00pm



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to access the information online or visit  
<http://bit.ly/TTSHHealth-Library>

## DEPARTMENT OF UROLOGY

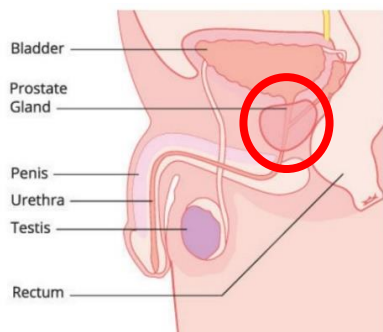
## Prostate Gland Biopsy





## THE PROSTATE GLAND

The prostate gland is located below the urinary bladder surrounding the urethra.



## WHAT IS ULTRASOUND GUIDED PROSTATE BIOPSY?

It is a minor procedure to determine if a patient has prostate cancer. An Ultrasound probe will guide a small needle to obtain tissue samples from the prostate.

It takes about 30-40 minutes and is performed in the Urology Clinic.

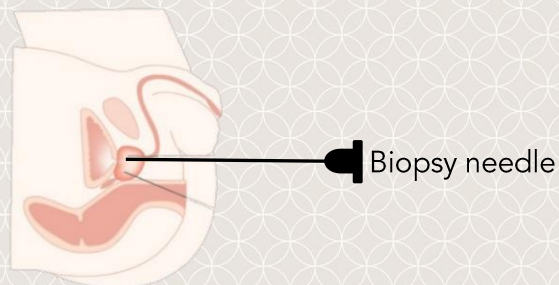
## TRANSPERINEAL PROSTATE BIOPSY VS TRANSRECTAL ULTRASOUND BIOPSY

- ⦿ Transperineal Prostate biopsy has a lower post-procedure infection risk.
- ⦿ More prostate tissue samples can be taken when doing Transperineal Prostate biopsy.
- ⦿ Shorter course of antibiotic is required for Transperineal Prostate biopsy (one dose instead of three days).
- ⦿ Transperineal Prostate biopsy has a slightly higher risk for urinary retention.

Please ask your urologist for more information regarding both procedures, and for advice on which one to go for.

## MRI-US Fusion Targeted / Routine TRANSPERINEAL PROSTATE BIOPSY

- ⦿ You will lie on your back and legs apart to provide access to the perineal skin.
- ⦿ An Ultrasound probe will be placed in the rectum to identify the prostate.
- ⦿ Local anaesthetic will be injected on each side of the perineal skin.
- ⦿ A biopsy needle will pass through the perineal skin to obtain tissue samples from the prostate.
- ⦿ If you are listed for MRI-US Fusion Targeted Transperineal Biopsy of Prostate, MRI Prostate Contouring will be charged separately and billed to you by Radiology Department.



## BEFORE THE PROCEDURE

Inform your doctor/ nurse if you are taking blood thinning medicine. You will be advised to stop blood thinning medications/ vitamins/ supplements/ traditional medicine \_\_\_\_ days before the procedure to reduce the risk of bleeding.

Example of medications/ supplements with blood thinning effects:

- Aspirin (Cardiprin)
- Plavix (Clopidogrel)
- Ticlid (Ticlopidine)
- Ticagrelor
- Warfarin (Coumadin)
- Rivaroxaban
- Apixaban
- Dabigatran
- Vitamins/ supplements/ Traditional medicine

Date to stop blood thinning medication  
\_\_\_\_\_

You may be prescribed medications to be taken before the procedure:

1. Laxatives (\_\_\_\_\_) Date & time to consume: \_\_\_\_\_
  2. Antibiotics (\_\_\_\_\_) Date & time to consume: \_\_\_\_\_
  3. Others (\_\_\_\_\_) Date & time to consume: \_\_\_\_\_
- ⦿ **No fasting** is required on the day of procedure. You may have light breakfast.

## WHAT PRECAUTIONS SHOULD I TAKE AFTER THE PROCEDURE?

- ⦿ Avoid over exerting when you pass urine and motion after the procedure.
- ⦿ Avoid strenuous exercises for one week and sexual activity for two weeks.

## WHAT ARE THE POTENTIAL SIDE EFFECTS OF THE PROCEDURE?

- ⦿ You might experience light headedness/ giddiness due to the use of local anaesthesia
- ⦿ Mild rectal bleeding and blood in your urine for a few days.
- ⦿ Blood or brown discolouration in your semen for a few weeks.
- ⦿ Discomfort in your rectum or pelvis for a few days.
- ⦿ Urinary retention which will require temporary insertion of a urinary catheter for a few days.
- ⦿ Excessive bleeding or severe infection may occur in very few cases. This may require hospital admission for further treatment.