

# patient information

Transrectal Ultrasound Examination  
and Biopsy of the Prostate



QUEENSLAND  
**X-RAY**

# TRANSRECTAL ULTRASOUND EXAMINATION OF THE PROSTATE

## What is a Transrectal Ultrasound?

Ultrasound creates images of the body by sending high-frequency sound waves into the area of interest and receiving echoes returning from the tissues. The sound waves are sent through a transducer (the part of the ultrasound machine that touches you).

For men, Pelvic Ultrasound is a valuable tool for evaluating the prostate gland and seminal vesicles. A Pelvic Ultrasound can help identify stones, tumours and other disorders in the bladder in both men and women.

In some cases, examination of the prostate gland can be performed via Pelvic Ultrasound, transabdominally (with the transducer being placed on the stomach). However, due to the location of the prostate gland, which is directly in front of the rectum, Ultrasound of this area is often performed transrectally (through the rectum).

Because Ultrasound provides real-time images, it can also be used to guide procedures, such as Needle Biopsies. A Needle Biopsy is when a needle is used to sample cells from an abnormal area of the prostate for laboratory testing. Please note, Biopsy procedures require a request from a specialist.

## Preparation

When a Pelvic Ultrasound is requested, you will be advised of the appropriate preparation when making your appointment.

When a Prostate Ultrasound and Biopsy is requested, you will be advised of the appropriate preparation when making your appointment. If you are instructed to commence a course of antibiotics please start the course two days prior to the procedure.

## Procedure

A disposable protective cover is placed over the Ultrasound Transducer, lubricated and then placed into the rectum. This is no more uncomfortable than the Rectal Examination performed by your doctor. The procedure is generally performed with the patient lying with his left side down on the table and his knees drawn up slightly toward the chest.



QUEENSLAND  
**X-RAY**

If a suspicious lesion has been identified with Ultrasound or during a Rectal Examination, an Ultrasound-guided Biopsy can be performed. With the Ultrasound transducer in place, the Radiologist (a doctor who specialises in medical imaging) places a thin needle into the prostate gland. A small amount of tissue is taken from different sites within the prostate for microscopic examination.

Discomfort experienced during the Biopsy, due to the needle insertion, is usually minimal because the rectal wall is relatively insensitive. A small degree of discomfort may be experienced after the procedure which usually improves within 48 hours. There may be some bleeding (in the urine, semen and stools) associated with the Biopsy. This usually settles within a couple of days. You should arrange to have someone accompany you home after this procedure.

### **Examination and Reporting Time**

The examination will take between 10 and 40 minutes to complete. If you are having a CT scan of your abdomen, you may need to drink special fluid to outline the stomach and bowel which will require you to attend the practice one hour before your examination time.

Some examinations may take considerable time to process and report - for instance CT Angiography. It is important, therefore, that you clarify with the front desk staff whether you will wait for your results, or if alternative arrangements need to be made to collect them at a later stage.

Should you require further information regarding CT scanning, please contact Queensland X-Ray or visit our website at [www.qldxray.com.au](http://www.qldxray.com.au).

*Administration*

PO Box 109 Sunnybank  
Queensland 4109

Telephone: (07) 3422 8800

Facsimile: (07) 3343 7055

Website: [www.qldxray.com.au](http://www.qldxray.com.au)

Brisbane  
Gold Coast  
Toowoomba and Darling Downs  
Mackay  
Townsville  
Cairns

This brochure deals with matters of a technical nature in general terms only. Patients should contact Queensland X-Ray personnel or their referring doctor for more details relating to preparation procedures. No responsibility for injury incurred by any person acting or refraining from action in reliance upon any material in this brochure can be accepted by any of the partners or staff of Queensland X-Ray.

© Copyright 2009 Queensland X-Ray Pty. Ltd.  
A.B.N. 40 094 502 208.

Print Date: 07/09  
654