

Urology department

# Prostate template biopsy

This information tells you what happens when you have a prostate template biopsy. It explains what is involved and the benefits and risks. It may help you to think of things you would like to discuss with your doctor/s.

## The prostate

The prostate is a small gland found only in men. It surrounds the first part of the tube (urethra) which carries urine from the bladder to the penis. The prostate produces a thick white fluid which mixes with sperm and is known as semen.

## Why do I need a prostate template biopsy?

The biopsy is intended to show your doctor whether any cells in your prostate gland have become cancerous. The biopsy can also diagnose other conditions such as:

- enlargement of the prostate (benign prostate hyperplasia - BPH)
- inflammation of the prostate gland or prostatitis
- prostatic intraepithelial neoplasia (PIN) when there is a change in the prostate cells but not cancer.

## How is the prostate template biopsy performed?

The template biopsy is carried out using an ultrasound probe which is passed into your back passage and samples of the prostate gland are obtained through the area of the skin between your scrotum and back passage called the perineum. The procedure is similar to a trans rectal biopsy which you will usually have had.

## Agreeing to treatment

Your doctor will have explained the procedure and the reasons for it. We will ask you to sign a consent form agreeing to accept the treatment that you are being offered. The basis of the agreement is that you have had The Christie's written description of the proposed treatment and that you have been given an opportunity to discuss any concerns. You are entitled to request a second opinion from another doctor who specialises in treating this cancer. You can ask your own consultant or your GP to refer you.

Your consent may be withdrawn at any time before or during this treatment. Should you decide to withdraw your consent then a member of your treating team will discuss the possible consequences with you.

## Are there any alternatives to this biopsy?

The template biopsy is an additional investigation and the results will help your doctor to plan your future treatment.



## What are the risks of having a template biopsy?

- **Difficulty passing urine**

The template biopsy may cause some internal bruising that can cause you to have difficulty when passing urine. This is more likely to happen to men who had difficulty passing urine before they had the biopsy. If you have difficulty passing urine you may need to have a catheter. **You need to attend your local Accident and Emergency department straight away.**

- **Infection**

We give you antibiotics before your biopsy to reduce this risk. However, if you do develop a fever or have pain or a burning sensation when you pass urine, you may have developed a urine infection and you should get advice from your GP.

- **Passing blood in your urine**

This is not uncommon and can range from slightly rose-coloured urine to a dark red colour. You can help this by increasing your fluid intake which will normally help to clear the urine. However, if there is **heavy or persistent bleeding when you pass urine, you should go to your nearest Accident and Emergency department** and tell them you have recently had a template biopsy.

- **Temporary erectile dysfunction**

The template biopsy may cause temporary erectile dysfunction, for example, an inability to get an erection. This may last for up to three to six months following the procedure.

- **Allergic reactions**

You may have allergic reactions to medication which you have been given. These are rare, but if you are aware of any allergies please tell us **before** the procedure.

- **Heart irregularities**

These may be due to the anaesthetic or the operation.

- **Injury**

There may be some injury to nearby nerves or tissues.

## Is there any preparation for the procedure?

Before the biopsy you need to tell your doctor if you are taking any medications, in particular aspirin/warfarin or clopidogrel (medication to prevent clots forming and to thin your blood). You will also need to tell us if you are allergic to any medications, including anaesthetic, and if you have any bleeding or clotting conditions. It is important you tell your doctor about any medical conditions before this biopsy.

## Pre-op assessment

Before coming into hospital, we will ask you to attend a pre-operative assessment. The nurse will assess your general medical condition and arrange any blood tests or other investigations that are necessary. We will give you verbal and written information about your operation and preparation needed before surgery and also answer any questions you may have.

## Will I have a general anaesthetic?

You will have a general anaesthetic when your template biopsy is carried out. This will mean you are unconscious (asleep) during the procedure so you do not feel anything during the biopsy.

Sometimes a prostate template biopsy will be carried out under a local anaesthetic.

## The day of your biopsy

You will be admitted to The Christie on the day of your procedure. You will have a suppository before your investigation to help empty your lower bowel, and a tablet to help prevent problems urinating after the biopsy.

A nurse will accompany you to theatre. Once your general anaesthetic has been given and you are asleep, you will be transferred to theatre where you will be positioned ready for your doctor to take the biopsy. Your legs will be placed in supportive stirrups and your scrotum will be carefully taped out of the way. The doctor will then clean the skin between your scrotum and your anus using an antiseptic solution because this is the area from which the biopsies will be taken. A catheter will be passed into your bladder for the duration of the investigation.

An ultrasound probe covered in lubricating gel is then passed into the rectum. This will remain there for the duration of the procedure and allows your doctor to visualise your prostate gland. Your doctor will use a grid to map your prostate. Very fine needles are inserted into the prostate gland and the doctor is then able to obtain tissue samples (biopsies) from all areas of the prostate gland.

## After the biopsy

You can expect to stay for at least four hours after returning to the ward. However everyone is different and so recovery times may vary. Occasionally we may ask patients to stay overnight if their recovery is slower than planned. You will also need to pass urine before being discharged.

You will need to arrange for someone to collect you from hospital as you cannot drive yourself home. We advise that there should be another adult with you at home overnight following a general anaesthetic. Your doctor will decide whether you need further antibiotics on discharge.

When you are ready to go home, the nurses will complete all the necessary paperwork. A follow-up appointment will be either given to you before discharge or sent to you in the post.

You may have mild discomfort in the biopsy area for one or two days after the biopsy has been taken. You may also notice some blood in your urine for a few days. Your semen may be discoloured (pink or brown) for up to six weeks and occasionally longer, after the biopsy has been taken. You will need to drink plenty of non-alcoholic fluids while you have blood in your urine.

## **If any of the following occur, please attend your local Accident and Emergency department without delay:**

- you are unable to pass urine
- you start to pass large blood clots
- you have heavy or persistent bleeding.

## **If any of the following occur, please ring The Christie Hotline on 0161 446 3658 for further advice:**

- your pain increases
- you have a fever of 37.6°C or above and you feel generally unwell.

## Contact numbers:

If you have any other general worries when you are at home or after your biopsy, you can contact the urology specialist nurses on:

Jane Booker - 0161 446 8018

Steve Booth - 0161 918 2369

Sharon Capper - 0161 446 3856

Helen Johnson - 0161 918 7000

Cath Pettersen - 0161 918 7328

Mandy Bell - 0161 446 3725

## Follow-up after your biopsy

We will give you an outpatient follow-up appointment following your procedure. At this time we will have the results of the histology - the analysis of the tissue which has been taken at the time of your biopsy. This will help your doctor decide which treatments are the most appropriate to offer you.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **[the-christie.patient.information@nhs.net](mailto:the-christie.patient.information@nhs.net)**

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for  
urgent support and specialist advice  
**The Christie Hotline: 0161 446 3658**  
Open 24 hours a day, 7 days a week