

Having a transperineal template biopsy of the prostate under general anaesthetic

Department of Urology

Information for day case patients

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Introduction

We hope that the information in this leaflet will help you prepare for your visit to the Day Case Unit.

Please read the following important information:

- If you are ill, or cannot keep your appointment for some other reason, please let us know as early as possible. Another patient may benefit from the cancellation of your appointment.
- If you have any concerns or require any further information about the procedure, please do not hesitate to contact us using the numbers below.

Contact numbers

(all based at Leicester General Hospital)

Day Case Pre-assessment Service

Tuesday to Friday 9:00 am to 4:00 pm
Telephone: 0116 258 4100

Day Case Unit

Monday to Friday 7:30 am to 8:00 pm
Telephone: 0116 258 4192 or 0116 258 8130

Urology Nurse Specialists

Monday to Friday 9:00 am to 5:00 pm
Telephone: 0116 258 4635

Prostate Cancer Nurse Specialists

Monday to Friday 9:00 am to 5:00 pm
Telephone: 0116 258 8328

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

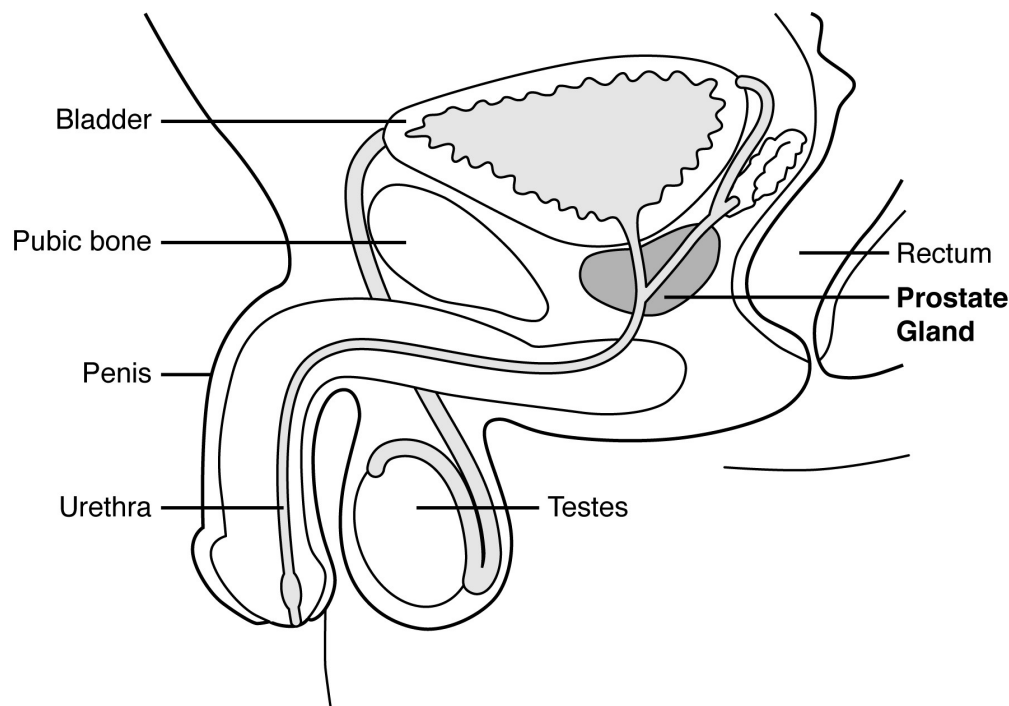
The prostate

The prostate is a small gland, which is found only in men. It is found at the base of the bladder and surrounds the water pipe (urethra) which carries urine from the bladder to the penis.

The easiest way to imagine your prostate is to compare it to an apple, which has had its core removed. The purpose of the prostate gland is to produce substances which assist with the passage of sperm.

The prostate gland in young men is approximately the same size as a walnut. However, it may get bigger as you get older, and for most men this is an entirely harmless process.

Only a very small number of men develop a cancerous growth of the prostate.



What is a transperineal template biopsy?

A transperineal template biopsy involves the insertion of many fine needles through the perineum (the skin between the scrotum and the anus) in order to obtain tissue samples from the prostate gland for testing. The procedure will be carried out whilst you are asleep (general anaesthetic).

What are the benefits of having a biopsy?

The procedure allows an assessment of the prostate gland, providing your medical team with information on which to base your diagnosis.

Are there any alternatives?

Your doctor will have discussed any possible alternatives, such as other methods of taking a biopsy of your prostate, with you before booking this appointment.

Are there any possible complications?

As with all invasive procedures, there are possible complications. These include:

Haematuria (blood in the urine), which may happen after the procedure. This is normal and should settle within a week or two.

Haematospermia (blood in the semen), which may last up to six weeks, but should clear on its own.

Bleeding / bruising on the perineum where the needles were inserted. This should settle in a few days.

Urinary retention - this is the inability to pass urine after the procedure. If you are unable to pass urine, then you may need a catheter inserting.

A small number of men (1-2%) need to have a catheter inserted. A catheter is a tube which goes into your bladder and drains the urine out into a bag. You will be given an appointment for the catheter to be removed five to seven days after the procedure.

Infection - if you develop 'flu' like symptoms with a fever or temperature following the procedure, it could be a sign that you are developing an infection.

If this happens, it is important to contact the Urology Unit as soon as possible and ask to speak to either the Nurse in Admissions or House Officer on call. This also applies through the night.

You will be admitted to the Urology Unit for observation if necessary.

You will have time to discuss all these risks with your doctor and nurse before you consent to having a transperineal template prostate biopsy.

Emergency Contact Number (24 hours, seven days a week):

Urology Unit 0116 258 4247

What happens before my procedure?

You will be seen in a pre-assessment clinic at some point before your procedure, to make sure you are fit for day surgery. At this appointment the nurse will go through your paperwork with you and you will be given information about your procedure.

You will be told about the consent form that you will be asked to sign to give the surgeon permission to carry out your procedure. This appointment is a good time to ask any questions you may have - please write them down first if that will help.

Depending on your general health and your age, we may need to carry out some tests. These will be discussed with you, and may include an electrocardiograph (heart tracing / ECG), screening swabs and blood tests.

If you are taking any medication, please bring it with you.

Important: driving after an anaesthetic is a criminal offence, and will affect your insurance cover.

What arrangements must I make?

Before you can have the procedure as a day case patient, you need to plan the following things:

- You must be collected by a responsible adult, who must take you home in a car or taxi following your procedure
- You must have a responsible adult at home with you for at least 24 hours after your procedure
- You must have a telephone at home

You **must not** drive, cycle, operate machinery or drink alcohol for a minimum of 48 hours after your procedure.

How do I prepare for my procedure?

- Read your admission letter carefully
- Do not eat or drink anything from the time stated in your letter
- Do not wear contact lenses
- Do not wear any jewellery, except for a wedding ring
- Do not bring any valuables with you into hospital. University Hospitals of Leicester NHS Trust cannot accept responsibility for loss or damage to personal belongings
- Do have a bath or shower before you come into hospital
- Do wear comfortable clothing and footwear to go home in

Except to wait on the unit before your procedure.

What do I need to bring with me to hospital?

- Your appointment letter. The time you are given to arrive is not the time of your procedure. The doctor needs to see you before the start of the list, so you may be waiting for your procedure for between two and four hours.
- Any drugs, medicines or inhalers you are using. Please take your necessary medication before attending unless otherwise instructed at your pre-assessment appointment.
- A contact number for your lift home.
- A dressing gown and slippers, if you have them.
- Something to do while you are waiting, such as a book or magazine to read.

What will happen at the hospital?

- You should come to Day Case Unit and report to reception. Your details will be checked and you will be directed on to the ward or to the waiting room where a nurse will collect you.
- The nurse will talk to you about your procedure and ask you a few questions.
- You will meet one of the medical team who will ask you to sign a consent form. Please ask if there is anything you do not understand before you sign the form.
- You will be visited by anaesthetist - this is the doctor who will look after you while you are asleep.
- You will need to change into a theatre gown - the nurse will tell you when to do this, and then take you to theatre.

What happens after my procedure?

You will return to the day ward and staff will make sure you are comfortable, and provide you with refreshments. If you have any discomfort or sickness please let the staff know so that they can help you.

You will recover on the ward until your nurse is happy that you are well enough to go home. You will need to eat and drink before you can go home. You will get a phone call at home in the next day or two to check how your recovery is going.

Very occasionally patients need to stay overnight. If your nurse or doctor feels that this is necessary, they will explain this to you.

Pain

Any discomfort after your prostate biopsy can usually be controlled with paracetamol (or a similar pain killer). If you are unsure, contact us for advice using the numbers on page 2 of this booklet.

Diet

You can eat and drink as normal straight away, but do not drink alcohol for 48 hours. It is best to drink plenty of fluids, at least 2 to 3 litres (4 to 5 pints) in the first 24 hours. This will make you pass more urine, flushing your bladder regularly.

Driving

You must not drive for at least 48 hours after a general anaesthetic. You will not be covered by your car insurance. Do not drive until you can keep control of your car in an emergency. You should contact your insurance company if you are not sure.

Work

Depending on your job, it is usual for people to return to work two or three days after surgery.

Sex

You can resume sexual activity as soon as you feel comfortable.

Physical activity

Do not do too much too soon. It is usual to feel some aches and pains for a few days, perhaps up to two weeks.

Holidays

Flying too soon after the procedure can increase the chance of problems, and you may not be covered by your insurance. Please discuss this with your insurance company.

Follow-up

Following your biopsy you will be given a follow up appointment with your consultant to discuss the results. Prostate biopsy results usually take 10-14 days to process. Your appointment with the consultant should be two to three weeks after your biopsy.

Please contact your consultant's secretary if you have any questions about your follow-up appointment.

Emergency Contact Number (24 hours, seven days a week):**Urology Unit 0116 258 4247**

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 على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
 જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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 Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk