

Template or Fusion/Template Prostate biopsy

This information tells you what happens when you have a template prostate 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 template prostate biopsy?

The biopsy (or sample) 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:

- Benign Prostate Hyperplasia (BPH - enlargement of the prostate)
- 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 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 might have had in the past as template biopsies are often used when additional information is required.

Agreeing to treatment

The doctor will have explained the procedure and the reasons for it. This information is a permanent record of what has been explained. We advise you to read the information before you sign the consent form, which states that you are prepared to go ahead with the procedure.

We will ask you to sign the consent form agreeing to accept the investigation that you are being offered.

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. You may be advised to have this type of biopsy to gain further information after the traditional trans-rectal biopsy has been performed or in some circumstances it may be advised to do this type of biopsy as a first investigation.

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. It is often the case that you may be asked to complete a symptom questionnaire and/or flow test in the clinic to make sure that you are not at excessively high risk if this occurring as 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 (or telephone the hospital urgently where the procedure was performed if there is time)** if you have abdominal pain and difficulty with passing water, which lasts more than a few hours. You will usually be given Tamsulosin 400mcg once daily to take which helps to maintain the urinary flow and this would be continued for 28 days.

• Infection

We give you antibiotics (Ciprofloxacin 500mg by mouth twice per day) before your biopsy to reduce this risk. Your first tablet should be taken at least two hours before the biopsy and you would usually continue them for three days in total. Fortunately infection is rare after template biopsies, however if have pain or a burning sensation when you pass urine, you may have developed a urine infection and you should get advice and usually have a urine sample from your GP.

If you do develop a fever and or shivers such as you might experience with 'flu in the week after a prostate biopsy you should contact the nearest Accident and Emergency Department.

• Blood when you pass 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 prostate biopsy.

• Injury

The procedure may result in bruising around the prostate. Some patients have described minor deteriorations in the strength of erections in the few weeks after the biopsy.

Is there any preparation for the procedure?

Before the biopsy you need to tell your doctor or nurse if you are taking any medications, in particular, aspirin, warfarin or clopidogrel (medication to preventing clots forming and to thin your blood). You 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 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.

The day of your biopsy

You should remember to take the first Tamsulosin and Ciprofloxacin tablets that you have been prescribed in the outpatient clinic at least 2 hours before your biopsy to protect against infection and urinary retention.

You will then be taken to the operating theatre where you will have the general anaesthetic usually by being given an injection into the back of one hand. After this point you will be asleep.

An ultrasound probe is covered in lubricating gel and is then passed into the rectum. This will remain there for the duration of the procedure and allows the 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 around 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 someone to collect you from hospital as you cannot drive yourself home. We advise that there should be an adult with you at home overnight following a general anaesthetic.

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 need to drink plenty of non-alcoholic fluids while you have blood in your urine.

If any of the following occur, please telephone the hospital where the procedure was performed on an urgent basis to arrange help.

- you are unable to pass urine
- you start to pass large blood clots
- you have persistent or heavy bleeding.
- your pain increases
- you have a fever of 37.6°C or above and you feel generally unwell.

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.