

Patient Information to be retained by patient

Local anaesthetic transperineal ultrasound-guided biopsy of prostate gland

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What is this?

Local anaesthetic transperineal ultrasound-guided prostate biopsy (LATP) is a diagnostic procedure intended to take samples of tissue (biopsies) from your prostate gland under a local anaesthetic. The samples are then sent to a histopathologist, who examines the samples under the microscope to look for abnormal cells, such as prostate cancer.

Why do I need this procedure?

There are a number of reasons why you might have been advised to have a LATP prostate biopsy:

- your doctor/nurse specialist may have found a lump or abnormality during a digital rectal examination (DRE). A DRE is where a doctor feels your prostate gland through your rectum (back passage) with his/her index finger.
- you may have had a blood test showing a high level of prostate-specific antigen (PSA). PSA is a protein that is released into your blood from your prostate gland. High levels of PSA may indicate cancer.
- you may have had previous biopsy results that came back with no evidence of cancer but your PSA blood test is still suspicious.
- you may have a known diagnosis of prostate cancer that has not required treatment and your doctor/nurse specialist might want further information to plan for possible treatments or observation.
- there may be an abnormality in your prostate detected by MRI scan, which is not accessible by the standard, transrectal route.
- the most common reason you require this procedure is you have had a transrectal ultrasound that shows no cancer, but suspicion based on your PSA levels or findings on the MRI scan remains highly suspicious.

What does it involve?

LATP biopsy uses an ultrasound probe in your back passage (rectum), but unlike a standard transrectal prostate biopsy, the tissue samples are taken through the perineum (skin between your scrotum and rectum). We use a special device (precision point) to obtain these biopsies, and we can take up to 12-28 biopsies, depending on the size of your prostate.

This procedure is currently performed under a local anaesthetic in the Urology Clinic, Royal Cornwall Hospital.

Are there any alternatives?

Possible alternatives include:

- surveillance PSA blood tests
- MRI scanning
- transrectal (TRUS) prostate biopsy under local anaesthetic
- a general anaesthetic, mapping transperineal prostate biopsies.

How do I prepare for the procedure?

A member of staff will contact you with an appointment and to check whether you have any regular medication that needs to be stopped beforehand, such as clopidogrel, warfarin or other anticoagulants such as rivaroxaban. You can continue to take low dose aspirin (75mg).

You do not need to fast prior to the procedure. This is a day case procedure and you do not need to be admitted overnight.

You can eat and drink prior to the procedure. Most medications should be continued as usual unless you have been advised otherwise.

What happens on the day of the procedure?

- Before your procedure, an urologist will see you to review your history, answer any questions and prepare a consent form for you to sign.
- A single dose of antibiotics and painkillers will be prescribed.
- You will change into a hospital gown and remove your lower clothes.
- You will be in the department for about 2 hours, but the procedure itself takes about 30 minutes, including preparation and administration of the local anaesthetic.

What should I expect during the procedure?

1. You will lie on your back on a reclining chair, with your legs positioned on some supportive stirrups. To enable direct access to your perineum, the doctor/nurse practitioner will apply some tape and covering to move your scrotum out of the way.
2. Your knees and hips will also be lifted to allow the optimal position to obtain good samples. If you find the position uncomfortable, do let the doctor/nurse practitioner know as you will be in this position for about 20 minutes.
3. The doctor/nurse practitioner will examine your prostate by placing a finger in your back passage. They will then insert an ultrasound probe, with a lubricant jelly, into your back passage. This will allow them to see an image of your prostate on the screen, which will guide them to obtain the biopsies. This may be a little uncomfortable, but shouldn't be painful.
4. The skin area will be cleaned with an antiseptic solution. Local anaesthetic will then be injected to make the area numb. This is performed in two steps, first to numb the skin superficially, then a deeper injection to numb the area surrounding your prostate gland. About 5 minutes will be given to allow the anaesthetic to take full effect.
5. A guide tube will be inserted into your perineum, usually twice, once on the left then on the right or vice versa. If you have a grossly enlarged prostate, this rarely may be inserted twice on both sides (ie four separate sites). The biopsy needle is inserted via this guide tube to obtain the biopsies.
6. If you still feel pain when the first needle is inserted, do inform the doctor/nurse practitioner as more anaesthetic can be administered.
7. You will hear a loud clicking sound which can be startling as the biopsy device utilises a spring-loaded needle. Overall, this procedure may be uncomfortable, but shouldn't be painful.

What happens afterwards?

Following the procedure, you will be observed for about half an hour. It's quite common to feel slightly lightheaded afterwards, so you should get up slowly.

You will be given an absorbent pad to place inside your underwear as there may be a small amount of bleeding from the skin punctures and your urethra (waterpipe).

Simple painkillers such as paracetamol are recommended if you have any discomfort. The local anaesthetic given should keep you comfortable for at least 4-6 hours.

Are there any risks or complications?

As with all procedures, there are risks involved. However, you should be reassured that, although these complications are well recognised, the majority of patients do not suffer any problems after this procedure.

Common (greater than 1 in 10)

- Blood in your urine (haematuria) for up to 10 days
- Blood in your semen (haematospermia) for up to 6 weeks
- Bruising in your perineal area
- Pain in your pelvis and prostate area.

Occasional (between 1 in 10 and 1 in 50)

- Temporary problems with erections (erectile dysfunction) due to bruising of prostate
- Inability to pass urine (urinary retention) requiring the insertion of a catheter
- Blood in your urine that prevents you from urinating (clot retention)
- Failure of procedure to detect prostate cancer
- Need for a repeat procedure due to inconclusive results / incomplete sampling.

Rare (less than 1 in 50)

- Urinary tract infection (UTI) requiring antibiotics (<1%)
- Septicaemia requiring an emergency admission to hospital (0.1%).

Hospital-acquired infection

- Colonisation with MRSA (0.9% - 1 in 110).
- Clostridium difficile bowel infection (0.01% - 1 in 10,000).
- MRSA bloodstream infection (0.02% - 1 in 5000).

What happens when I go home?

- You will get some blood in your urine which may last several days, often with the occasional blood clot. We advise you to drink plenty of fluid to help stop this bleeding.
- You may see blood in your semen for up to six weeks.
- You will be given advice about your recovery at home, and what to look out for when you get home. Your surgeon or nurse will also give you details of who to contact, and how to contact them, in the event of problems.

What should I look out for?

- If the bleeding in your urine does not stop, contact your GP or specialist nurse for further advice.
- If you are unable to pass urine at all, contact your GP immediately or go to your local Emergency Department.

When will I get my results?

We will review the results of your biopsies in a multidisciplinary team (MDT) meeting within seven to 10 days. We will let you and your GP know the results as soon as possible, and arrange an outpatient appointment for you to discuss what action is needed.

Contact us

If you have any questions, worries or concerns, please phone the urology clinical nurse specialists on 01872 253143.

Patient copy

If you would like this leaflet in large print, Braille, audio version or in another language, please contact the General Office on 01872 252690

CONSENT FORM 1
PROCEDURE SPECIFIC PATIENT AGREEMENT

Local anaesthetic transperineal ultrasound-guided biopsy of prostate gland

NHS number:

Name of patient:

Address:

Date of birth:

CR number:

STATEMENT OF HEALTH PROFESSIONAL (to be filled in by health professional with appropriate knowledge of proposed procedure, as specified in consent policy)

I have explained the procedure to the patient. In particular, I have explained the intended benefits:

- *To take sequential prostate biopsy via the perineum under ultrasound-guidance to diagnose prostate cancer.*

Significant, unavoidable or frequently occurring risks:

- *Blood in your urine (haematuria) for up to 10 days; blood in your semen (haematospermia) for up to 6 weeks; bruising in your perineal area; pain in your pelvis and prostate area.*

Uncommon but more serious risks:

- *Temporary problems with erections (erectile dysfunction) due to bruising of prostate; inability to pass urine (urinary retention) requiring the insertion of a catheter; blood in your urine that prevents you from urinating (clot retention); failure of procedure to detect prostate cancer; need for a repeat procedure due to inconclusive results / incomplete sampling.*

Rare but serious risks:

- *Urinary tract infection (UTI) requiring antibiotics (<1%)*
- *Septicaemia requiring an emergency admission to hospital (0.1%)*
- *Hospital-acquired infection (MRSA/C.Diff/ESBL)*

Any extra procedures which may become necessary during the procedure (including associated risks):

- *Other procedure (please specify):*

I have also discussed what the procedure is likely to involve, the benefits and risks of any available alternative treatments (including no treatment) and any particular concerns of this patient.

I have given and discussed the Trust's approved patient information leaflet for this procedure: Local anaesthetic transperineal ultrasound-guided biopsy of prostate gland (CHA4542) which forms part of this document.

I am satisfied that this patient has the capacity to consent to the procedure.

This procedure will involve: General and/or regional anaesthesia Local anaesthesia Sedation

Health Professional signature: Date:

Name (PRINT): Job title:

STATEMENT OF INTERPRETER (where appropriate)

I have interpreted the information above to the patient to the best of my ability and in a way in which I believe he/she can understand.

Interpreter signature: Name (PRINT): Date:

affix patient label

STATEMENT OF PATIENT

Please read this form carefully. If your treatment has been planned in advance, you should already have a copy of the patient information leaflet which describes the benefits and risks of the proposed treatment. If not, you will be given a copy now. If you have any further questions, do ask - we are here to help you. You have the right to change your mind at any time, including after you have signed this form.

I agree to the procedure or course of treatment described on this form.

I understand that you cannot give me a guarantee that a particular person will perform the procedure. The person will, however, have appropriate experience.

I understand that I will have the opportunity to discuss the details of anaesthesia with an anaesthetist before the procedure, unless the urgency of my situation prevents this. (This only applies to patients having general or regional anaesthesia).

I understand that any procedure in addition to those described on this form will only be carried out if it is necessary to save my life or to prevent serious harm to my health.

I understand that tissue samples will only be taken in relation to the procedure explained to me. No samples will be taken for quality control, clinical education or research purposes.

I have been told about additional procedures which may become necessary during my treatment. I have listed below any procedures **which I do not wish to be carried out** without further discussion.

I have received a copy of the Consent Form and Patient Information leaflet: Local anaesthetic transperineal ultrasound-guided biopsy of prostate gland (CHA4542) which forms part of this document.

Patient signature: _____ Name (PRINT): _____ Date: _____

A **witness** should sign below if this patient is unable to sign but has indicated his or her consent. Young people / children may also like a parent to sign here (see guidance notes).

Witness signature: _____ Name (PRINT): _____ Date: _____

CONFIRMATION OF CONSENT (to be completed by health professional when the patient is admitted for the procedure, if the patient has signed the form in advance).

On behalf of the team treating the patient, I have confirmed with the patient that they have no further questions and wish the procedure to go ahead.

Health Professional signature: _____ Date: _____

Name (PRINT): _____ Job title: _____

Important notes (tick if applicable):

See advance decision to refuse treatment Patient has withdrawn consent (ask patient to sign/date here)

Patient signature: _____ Name (PRINT): _____ Date: _____

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