

Patient information

Transperineal Prostate Biopsy under Local Anaesthetic

Urology Department – Royal Liverpool Hospital

What is a transperineal prostate biopsy?

A biopsy of the prostate is a technique of obtaining small tissue samples of the prostate through the skin between the back passage and the scrotum (called the perineum) and sending the samples to the histology laboratory for examination under a microscope by a specialist.

You will be given a local anaesthetic

Local anaesthetic is given to numb the perineal area first

The procedure is performed under local anaesthetic in the outpatient department.

You will be positioned in a special chair with your legs elevated in stirrups. An ultrasound probe is inserted into your rectum (back passage) to visualise the prostate. Local anaesthetic is used to numb the area before taking the biopsies. The precision point biopsy techniques requires two simple punctures in the perineum.

The local anaesthetic injection will sting for a few seconds similar to having an injection at the dentist. The entire procedure takes about 10 – 15 minutes.

Once the procedure is performed you will return to a recovery area and when the clinical staff are happy you will be discharged home. It takes around a week to get the results of the biopsy.

What is the prostate?

The prostate is a small gland found only in men and lies beneath the bladder and in front of the rectum (back passage). Its function is to produce the white fluid that becomes part of the semen.

What will happen if I decide not to have this procedure?

If you choose not to have this test prostate cancer could be missed.

How do I prepare for the test?

- Medication should be taken unless instructed otherwise.
- You should make sure you have some painkillers at home before you come to hospital.

Important if you are taking any of the medication listed below please let the nurse know when you are being given a date for the procedure

Anticoagulants

- Warfarin.
- Heparin/Fragmin/Clexane.
- Dabigatran.
- Rivaroxiban.
- Sinthrome.
- Apixaban.
- Fondaparinux.
- Edoxaban.

Antiplatelet therapy

- Clopiogrel (Plavix).
- Prasugrel (Efient).
- Ticagrelor (Brilique).
- Dipyridamole(persantin)and Aspirin.

What are the benefits of having this test?

- Diagnose prostate cancer.
- Reduced infection rate compared to transrectal prostate biopsy.
- Higher cancer detection rate than transrectal ultrasound guided biopsy (TRUS).
- Performed under local anaesthesia, so the procedure can be undertaken in an outpatient clinic.

What are the risks of having this test?

- Blood in your urine for up to ten days is common.
- Blood in your semen is common which can last up to six weeks (this poses no risk to you or your sexual partner).
- Bruising in your perineal area is very common, up to 10% may have significant bruising.
- Temporary problems with erections caused by bruising from the biopsies 1 in 20 patients (5%).

- Pain : You may experience some pain or discomfort for several days after the biopsy. Simple pain killers such as Paracetamol can be helpful during this time provided there is no contraindication to taking the drug. The discomfort is usually in the perineum
- Inability to pass urine (acute retention of urine), less than 1 in 20 patients (5%)
- Bleeding in your urine preventing you from passing urine (clot retention) 1 in 100 patients (1%).
- Infection in your urine requiring antibiotics 1 in 100 patients (1%).
- Septicaemia (blood infection) requiring emergency admission for treatment 1 in 1000 patients (0.1%)

If you are worried about any of these risks, please speak to your Consultant or a member of their team.

Are there any alternatives to having this test?

The alternative would be to have the biopsy under general anaesthetic.

You will be asked to have something to eat or drink and to pass urine before you are allowed home.

When you are at home

- Don't drive for 24 hours.
- Take simple pain killers if you experience pain or discomfort.
- Drink plenty of fluids.

If you experience heavy bleeding or if you are unable to pass urine, you should seek immediate help from your family doctor (GP), the nearest walk in centre or the nearest Emergency Department (A&E).

Your result should be available in two weeks and an appointment should be arranged at the time of discharge. It is always worthwhile ringing the department (number provided below) the day before you come for your result to check that the result is available.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

If you have accessed this patient information leaflet via a QR code, can you please take the time to complete a short questionnaire by clicking [here](#).

Further Information

For queries about your appointment, contact the hospital you have been referred to

**Royal Liverpool Hospital
Urology Department
Tel: 0151 282 6877/6788
Text phone number: 18001 0151 282 6877/6788**

**Aintree Hospital
Patient Appointment Centre
Tel: 0151 529 4550
Text phone number: 18001 529 4550**

- **Urology Specialist Nurses**

**Royal Liverpool Hospital
Urology Specialist Nurses
Tel: 0151 282 6800
Text phone number: 18001 0151 282 6800**

**Aintree Hospital
Urology Specialist Nurses
Tel: 0151 529 3484
Text phone Number; 18001 0151 529 3484**

- **Cancer Hub**

**Royal Liverpool Hospital
Tel: 0151 282 6818
Text phone Number: 18001 0151 282 6818**

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