

# Prostate biopsies (Engelse versie)

You have discussed with your doctor or nurse specialist that prostate biopsies will be taken. This leaflet tells you more about how this will work.

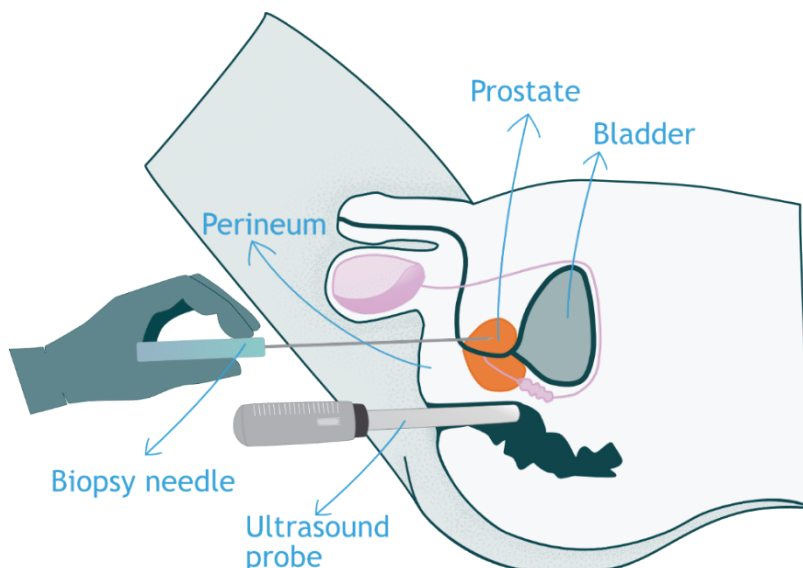
## Background information

### Prostate ultrasound

An ultrasound is an examination using sound waves that are inaudible to humans. These sound waves are emitted by a device, the probe, and some parts of the body reflect them, while others let them through. This creates an image of the prostate. An ultrasound is safe and does not use radiation. In order to get a good image of the prostate, a finger-thick probe is inserted into the last part of the intestine via the anus. This examination is usually not painful, but can cause a feeling of pressure on the prostate or the feeling that you have to urinate.

### Prostate biopsies

To determine the best place to take a biopsy, the ultrasound images are combined with those of the previously made MRI scan. The biopsies are taken via the piece of skin between the scrotum and the anus, called the perineum. First, the skin is anesthetized, after which the entire area between the skin and the prostate is also anesthetized. In the meantime, the biopsy surgeon determines how many biopsies will be taken. This number is usually between 8 and 16 biopsies. The anesthesia can be somewhat painful, but taking the biopsies themselves is usually not painful. The anesthesia wears off completely within 2 hours.



## Preparation

Important:

- If you are taking blood thinners, the risk of bleeding is greater.  
The doctor will discuss with you in advance whether and for how long you should stop taking blood thinners.
- We advise you not to shave the skin between the scrotum and anus (directly) before the examination.
- We ask you not to come by bike.
- You do not have to fast on the day of the examination.  
We advise you to eat before the appointment.
- You do not have to come to the hospital with a full bladder.  
You may urinate before the examination.

Are you ill or unable to attend? Please inform the Urology outpatient clinic as soon as possible.

## The examination

The examination takes place at the Urology outpatient clinic (reception G4, ground floor). The examination takes approximately 45 minutes in total. Before the doctor starts, he or she will discuss with you how it works and you can ask any questions. You will then undress your lower body and take a seat on the examination chair. The examination will then proceed as described above. The doctor will always let you know when a biopsy is being taken.

Tip: It is important to relax during the examination. This makes inserting the ultrasound probe and taking the biopsies easier and more comfortable. You can relax by paying close attention to your breathing and by occasionally wiggling your fingers and toes.

When all biopsies have been taken, the doctor will give you a signal and you can get dressed again. The doctor will discuss the next steps with you. After the examination, you can go home (independently), and you may also drive yourself.

## Aftercare

The chance of side effects after prostate biopsies is very low. However, you may experience complaints after the examination. The following complaints are normal and harmless:

- Blood in the urine. This makes the urine pink. This can last for several days.
- The sperm can be brown-red. This can last for several weeks.
- Slightly more difficult to urinate. This is due to swelling of the prostate in response to the biopsies.
- Pain in the perineum or prostate, for which you may take painkillers if necessary.

We advise you not to cycle, do intensive sports or lift heavy objects for 5 days after the examination, as this can cause the blood in the urine to persist or worsen. In addition, do not take a bath or sauna, as this can impair wound healing.

If you have the following complaints, please contact the urology outpatient clinic:

- If you have a fever (38.5 degrees Celsius or higher) and/or excessive sweating or chills.
- If you can hardly or not at all urinate.
- Dark red urine and/or clots.
- If you have any doubts about the above symptoms.

## Biopsy results

The prostate biopsies taken are examined in the laboratory by the pathologist, using a microscope. The results are known after about a week. The results are then discussed in the multidisciplinary consultation. Various specialists discuss the best treatment plan and/or follow-up examinations for your situation. You will then come to the outpatient clinic to discuss the results.

## Scientific research

You may have been or will be approached to participate in scientific research. If you indicate that you are interested, you will receive additional information and instructions for this.

## Information & contact

In case of complaints or doubts about complaints, you can contact the nursing consultation hours of the Urology outpatient clinic by telephone on 020 444 1103. **The nursing consultation hours are from Monday to Friday from 8:30 to 9:30.**

For urgent matters, you can contact the hospital:

- **During office hours:** 020 444 1103, call the nursing consultation hours.
- **Outside office hours:** 020 444 4444, call the general number of the hospital and ask for the urologist on duty.

You can also visit our website: [www.amsterdamumc.nl/urologie](http://www.amsterdamumc.nl/urologie).

## To conclude

This brochure contains general information. It is intended as additional information in addition to the conversation with your treating physician.