

# Transrectal Ultrasound of the Prostate (TRUS)

## Information for patients and families

Read this booklet to learn about:

- What it is
- What you need to do to prepare
- What to expect
- When to get medical help

If you have any questions, or need to cancel or reschedule your appointment, please call 416 946 4501 extension 5180.



## **You are having a:**

TRUS without biopsy  
Read pages 2 to 4.

TRUS with biopsy  
Read pages 2 and 5 to 8.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

## **Come to:**

The Prostate Ultrasound Centre  
Princess Margaret Cancer Centre  
620 University Avenue

- Check in at the Prostate Ultrasound Reception Desk, located in the Prostate Center – South side 4<sup>th</sup> Floor, Room 901

## **What is a Transrectal Ultrasound (also called a TRUS)?**

This test lets your health care team see your prostate gland.

The probe that the doctor inserts into your rectum uses sound to make a picture on a TV screen. The picture shows the doctor the size and shape of your prostate. It can also help the doctor find tumours.

If you are having a biopsy, the doctor will use the picture as a guide for the needle.

# Your TRUS without a biopsy

## How do I prepare?

### Do this the night before your TRUS

#### 1. Clean your rectum.

There are 2 ways you can do this. Choose one of these ways.

- a. Use a Rectal Fleet Enema®. Do this before you go to bed.
- b. Take an Oral Dulcolax® tablet (5 mg). Take it with a glass of water. Do not take the tablet with milk. Take the tablet before you go to bed.

You can buy the Fleet Enema or Dulcolax tablets at a drugstore.

#### 2. Eat and drink normally.

You do not have to stop eating or drinking before this test.

## Bring these to your TRUS appointment

1. A list of the medicines you are taking including the antibiotic you are taking for this procedure.
2. Your Ontario health card (OHIP). If you do not have an OHIP card, please bring another form of government-issued photo ID (such as a driver's license, passport, or other provincial health card).
3. A book or something else to do. There may be delays so you may have to wait a while.
4. Someone who can interpret for you if you do not speak English.

## **What happens during the TRUS without a biopsy?**

1. You change into a hospital gown.
2. You lie on your side with your knees pulled up to your chest.
3. The doctor examines your prostate by putting his finger into your rectum.
4. The doctor puts a lubricated probe into your rectum. The probe is about the size and shape of a finger.
5. The probe stays there for about 10 to 15 minutes. Then the test is over and you can get dressed and go home.

You may feel a little uncomfortable while the probe is in your rectum but the feeling will not be too severe.

# Your TRUS with a biopsy

## How do I prepare?

### Do this 7 days before your TRUS with biopsy

#### 1. Stop taking any aspirin, blood thinning or arthritis medicine for 7 days before your procedure such as:

- Advil®
- Naprosyn®
- Motrin®
- Daypro®
- Feldene®
- Ponstan®
- Voltaren®
- Arthrotec®
- Celebrex®
- Ibuprofen
- Heparin®
- Plavix®
- Pradax®

You can still take Tylenol® if you need it.

#### **If you are on anti-coagulants such as warfarin (Coumadin®), rivaroxaban (Xarelto®), apixaban (Eliquis®), dabigatran (Pradaxa®) or other anti-coagulants:**

- Call the Prostate Ultrasound Centre at 416 946 4501, ext. 5180 right away. We need to know this before your test.
- Ask your doctor first if you should stop taking these anti-coagulants before your biopsy.

## **Do this the night before your TRUS with biopsy**

**1. Please take your antibiotic for the biopsy as prescribed by your urologist.**

**2. Clean your rectum.**

There are 2 ways you can do this. Choose one of these ways.

- a. Use a Rectal Fleet Enema®. Do this before you go to bed.
- b. Take an Oral Dulcolax® tablet (5 mg). Take it with a glass of water. Do not take the tablet with milk. Take the tablet before you go to bed.

You can buy the Fleet Enema or Dulcolax tablets at a drugstore.

**3. Eat and drink normally.**

You do not have to stop eating or drinking before this test.

## **Do this on the morning of your TRUS with biopsy**

**1. Please take your antibiotic for the biopsy as prescribed by your urologist.**

**2. Make sure you eat a light breakfast.**

For example, you can have a glass of juice and slice of toast. If you were prescribed Cipro, don't drink acidic juices (like orange juice) within 2 hours of taking the medication.

**3. If you take blood pressure medication, continue to do so as normal.**

## **What to bring to your TRUS with biopsy appointment**

1. A list of the medicines you are taking including the antibiotic you are taking for this procedure.
2. Your Ontario health card (OHIP). If you do not have an OHIP card, please bring another form of government-issued photo ID (such as a driver's license, passport, or other provincial health card).
3. A book or something else to do. There may be delays so you may have to wait a while.
4. Someone who can interpret for you if you do not speak English.
5. Someone who can drive you home and support you.

## **What happens during the TRUS with a biopsy?**

1. You change into a hospital gown.
2. Before starting, the doctor will explain the biopsy and ask for your consent to go ahead.
3. You lie on your side with your knees pulled up to your chest.
4. The doctor examines your prostate by putting a finger into your rectum.
5. The doctor puts a lubricated probe into your rectum. The probe is about the size and shape of a finger.
6. The probe stays there for about 10 to 15 minutes. You may feel a little uncomfortable while the probe is in your rectum but the feeling will not be too severe.
7. The doctor will make the area that we are working on numb (also called local anesthetic or freezing). This will make you more comfortable during the test.
8. The doctor will then take samples of tissue from your prostate using a small needle.

The biopsy is over in a few minutes. The results of your biopsy will be sent to your doctor in about 2 weeks.

## **What happens in the hospital after the biopsy?**

After your biopsy, you should relax for a while in the hospital to make sure there are no problems from the procedure.

- For the first 20 minutes, you will lie down.
- For the next 40 minutes, you can sit up in the Prostate Centre waiting room.

## **What do I need to do after I go home?**

- Keep taking your antibiotics as prescribed until they are finished. They are important to prevent infection.
- Eat and drink your usual diet.
- Avoid heavy physical activities for at least 48 hours.
- You might not be well enough to go back to work on the same day as your biopsy. See how you feel.

## **What is normal after a biopsy?**

You will see some blood in your urine, stool, or sperm. This is normal. Slight bleeding can last for 2 to 4 weeks after your biopsy. Sometimes you may see blood for more than 4 weeks after your biopsy. This is also normal.

Most biopsies are simple, straightforward procedures. Once yours is finished, relax and take it easy for the day.



## **Go to your local hospital emergency department if:**

- You are bleeding a lot
- You have signs of infection, such as fever, chills, shaking and burning when you urinate (pee)
- You feel increasing pain
- You have other problems about the TRUS that worry you

**You can find more information about ultrasound and TRUS on the Princess Margaret website: [www.uhn.ca/PrincessMargaret](http://www.uhn.ca/PrincessMargaret)**



## **Have feedback about this document?**

Please fill out our survey. Use this link: [surveymonkey.com/r/uhn-pe](https://surveymonkey.com/r/uhn-pe)

Visit [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca) for more health information. Contact [pfep@uhn.ca](mailto:pfep@uhn.ca) to request this brochure in a different format, such as large print or electronic formats.

© 2023 University Health Network. All rights reserved. Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition. You may print 1 copy of this brochure for non-commercial and personal use only.