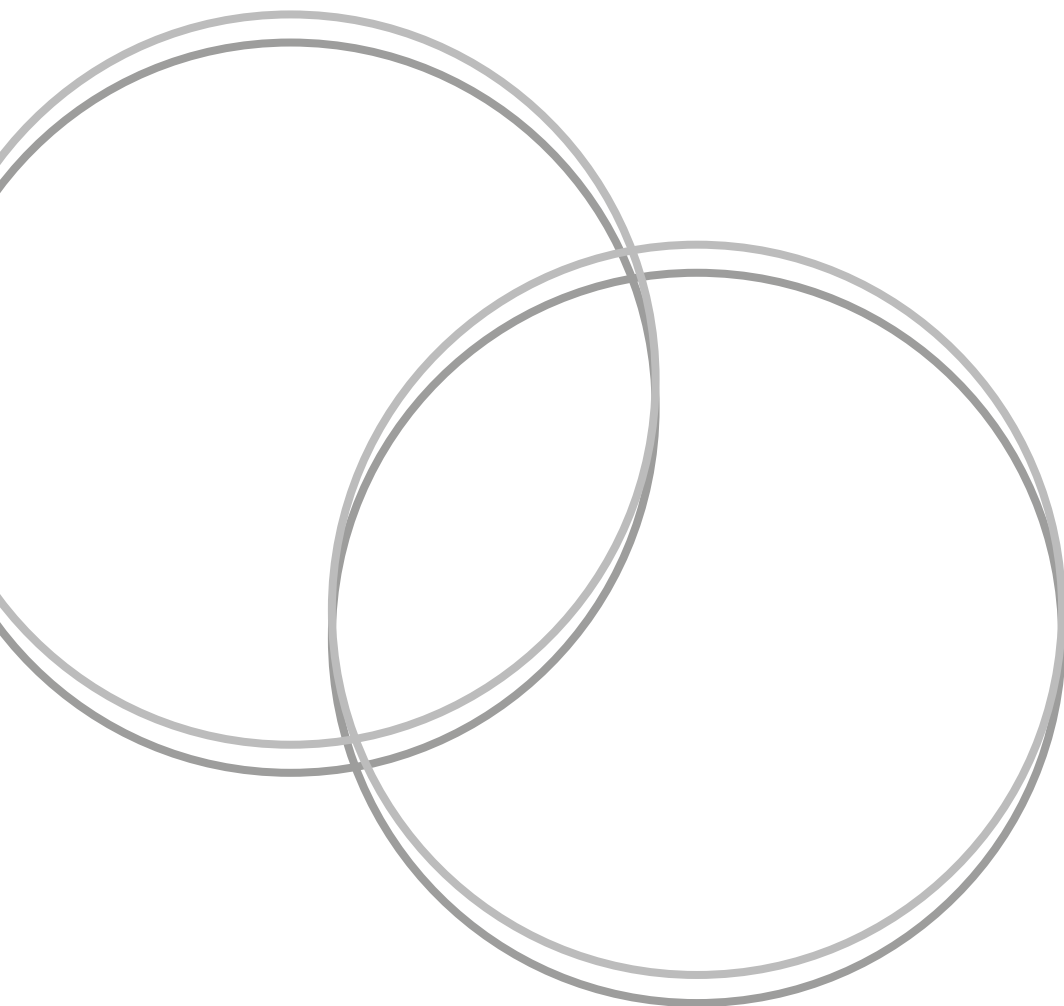


Transrectal Ultrasound Measurement of the Prostate

Information for patients



Why have I been given this leaflet?

You have been given this leaflet because you are due to have a Transrectal Ultrasound (TRUS) Measurement of your prostate. This will be carried out at Wytham Urology Outpatients Department at the Churchill Hospital or at the Horton Hospital. Please check your appointment letter for details.

Please read this leaflet before your appointment. The doctor or nurse practitioner will go through the information with you at your appointment and answer any questions you may still have.

What is a Transrectal Ultrasound Measurement of the Prostate?

A transrectal ultrasound scan will obtain images of the prostate, which lies at the front of your rectum (back passage). Ultrasound uses high frequency soundwaves to help create images of the internal organs. The picture shows the health care professional the size and shape of your prostate.

This scan will give the referring doctor a more accurate idea of the volume (size) of your prostate, which may be useful in deciding which treatment you are offered.

You may be offered a Transrectal Ultrasound Measurement of the Prostate because:

- You are being booked for prostate surgery.
- The volume of your prostate may determine treatment options depending on your symptoms.

What are the alternatives to this procedure?

An alternative to having a Transrectal Ultrasound Measurement examination is to have a transabdominal pelvic ultrasound scan, performed with a filled bladder. However, this is not used in our service as it is not as accurate as the Transrectal Ultrasound Measurement.

Preparing for your Transrectal Ultrasound Measurement

Can I eat and drink before my prostate measurement?

Yes, please eat and drink as you normally would.

Should I take my usual medication on the day of the prostate measurement?

Yes, your usual medication can be taken as normal on the day of your prostate measurement.

What do I need to bring to the appointment?

Please bring:

- A list of your current medications.

What should I expect during the Transrectal Ultrasound Measurement?

You will be invited into the ultrasound room and the doctor or nurse practitioner will check your name and date of birth and make sure you are clear about the procedure. You will be asked to lower your trousers and underwear. You will be asked to give consent for the procedure to go ahead. Remember that it is your choice whether you give your consent or not. You lie on a trolley on your left side with your knees pulled up to your chest.

The doctor or nurse practitioner will examine your prostate by putting their gloved finger into your rectum using lubricating jelly.

The doctor or nurse practitioner will put a lubricated probe into your rectum. The probe stays there for about 3 to 5 minutes.

What should I expect after the Transrectal Ultrasound Measurement?

When the test is over, and you can get dressed and go home?

The report will be sent to the doctor who requested the investigation. You may receive a further telephone follow up appointment to discuss further treatment plans.

What are the risks and side effects of having a Transrectal Ultrasound Measurement?

You may feel a little uncomfortable while the probe is in your rectum, but it should not be painful. Ultrasound is a safe procedure and there are no other known risks from having a Transrectal Ultrasound Measurement.

How to contact us

If you are unable to come for your appointment or have a query about your appointment time, please contact the waiting list office:

Telephone: **01865 234 444** – Option 2
(08:00am to 05:00pm, Monday to Friday)

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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