



Patient Information Leaflet:

Transperineal Prostate Biopsy under Local Anaesthetic

What is a Transperineal Prostate Biopsy?

A transperineal prostate biopsy is a procedure that takes small samples of tissue from the prostate gland to help diagnose or monitor prostate cancer. The samples are taken using a fine needle inserted through the skin between the scrotum and anus (the perineum), rather than through the rectum.

At The Forbury Clinic, this procedure is carried out under local anaesthetic guided by ultrasound imaging for precision and safety.

Why Am I Having This Procedure?

You may be offered a prostate biopsy if:

- Your PSA (Prostate-Specific Antigen) blood test is raised
- Your MRI scan shows an area of concern in the prostate
- You have ongoing symptoms that suggest prostate changes

A biopsy is the only way to confirm whether cancer cells are present and guide next steps in your care.

What Does the Procedure Involve?

- You will be asked to lie on your back with your legs raised
- Local anaesthetic is used to numb the perineum
- An ultrasound probe is gently placed in the rectum to guide the biopsy needle
- Several small tissue samples are taken through the skin into the prostate
- The entire procedure usually takes **20–30 minutes**

Most patients go home the same day.



Will It Hurt?

Local anaesthetic is used to minimise discomfort. You may feel a brief sensation of pressure or clicking as samples are taken, but it should not be painful. After the anaesthetic wears off, you may have mild soreness or bruising in the area for a few days.

What to Expect After the Biopsy

Common, Short-Term Symptoms:

- Mild discomfort or bruising between the legs
- Small amounts of blood in the urine, stool or semen (can last up to 4–6 weeks)
- Slight stinging or urgency when urinating

These symptoms are normal and usually settle without treatment.

Post-Procedure Care Advice

- **Drink plenty of water** for 48 hours to help flush the bladder
- **Avoid heavy lifting or vigorous activity** for 48 hours
- **Refrain from sexual activity** for 5–7 days
- **Take paracetamol** if you experience mild pain (avoid aspirin unless advised)
- You may notice blood in semen — this is common and harmless

When to Seek Medical Advice

Please contact us or seek urgent medical attention if you experience:

- Fever, chills or flu-like symptoms
- Difficulty passing urine or complete inability to urinate
- Heavy or persistent bleeding in urine or stool
- Pain that worsens or does not improve after a few days



These could be signs of infection or other complications that need prompt treatment.

Getting Your Results

Your biopsy results are usually available within **1–2 weeks**. Your consultant will explain the findings and discuss any next steps or treatment options with you.

Questions or Concerns?

If you have any concerns before or after your biopsy, please don't hesitate to get in touch. We are here to support you throughout your care.

 **The Forbury Clinic**
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