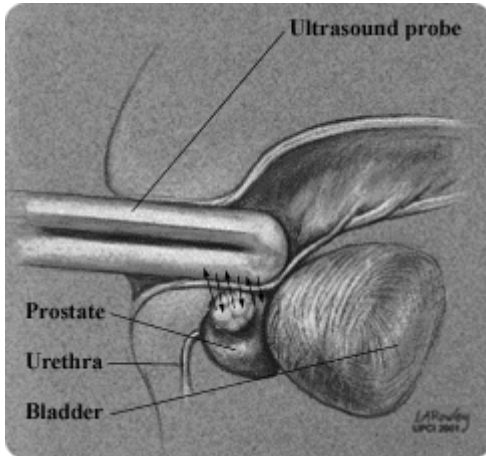


Transrectal Ultrasound of the Prostate

What is Transrectal Ultrasound of the Prostate?



This investigation is performed to measure the size and shape of the prostate gland which lies just below the bladder and forms part of the male reproductive system. It is usually around the size of a walnut and the urethra (tube that carries urine) passes through it.

A lubricated probe is inserted into the rectum which emits high frequency sound waves. From these an image of the prostate is generated on a screen. The images obtained will enable the clinician to calculate the size/volume of the prostate and visualise the seminal vesicles. These lie behind the prostate and are where sperm are stored. If there are any areas of calcification (stones) these can be identified.

What are the symptoms that have led to me having this procedure?

You may be experiencing a range of lower urinary tract symptoms (LUTS) including frequency, urgency or poor stream. You may have noticed blood in your semen.

Where will the procedure take place?

This procedure is undertaken in a clinic room, not theatres. You may be asked to change into a gown or to simply to lower your trousers and under pants. You will then lay onto a couch on your left side with your knees drawn up. The clinician will perform a digital rectal examination (DRE) first, inserting a lubricated gloved finger into the rectum (back passage) to assess the size and texture of the prostate. The clinician will then pass the lubricated probe into the rectum. This may cause some mild discomfort; it is a quick procedure and will last one to two minutes.

Will I have an anaesthetic?

None required for this procedure.

How long will I be in hospital?

You should expect to be at the hospital for around an hour.

How soon will I be able to resume normal activities?

You can resume normal activities immediately.

Will I have to come back to hospital?

This will depend on what the scan shows. You may be discharged or offered treatment if appropriate.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

For further information please contact the nursing teams:

Outpatient Department (Urology) - Conquest Hospital - Tel: 0300 131 4500 Ext: 8468 or 8344

Urology Investigation Suite - Eastbourne DGH - Tel: 0300 131 4500 Ext: 770640

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Hilary Roscoe – Senior Sister Outpatients, Sue Winsor – Matron, Outpatients Department, Rebecca Rushton – Specialist Urology Diagnostic Nurse, Penny Whitling – Urology Nurse Practitioner

The directorate group that has agreed this patient information leaflet:
Diagnostic, Anaesthetic and Surgery - Urology

Next review date: July 2026

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