

UW Medicine

## 前列腺超声检查和活检

### 如何准备以及预期结果

本手册介绍了如何准备前列腺超声检查和活检。其中包括如何进行检查、风险以及如何获得检查结果。

您的前列腺超声检查和活检安排在:

- ❑ **Prostate Oncology Clinic**, Surgery Pavilion 一楼, UW Medical Center - Montlake campus, 1959 N.E. Pacific St., Seattle, WA 98195
- ❑ **Men's Health Center**, UWMC - Roosevelt, 4245 Roosevelt Way N.E., Seattle, WA 98105.
- ❑ **UW Eastside Specialty Center**, 3100 Northup Way, Bellevue, WA 98004

星期: \_\_\_\_\_ 日期: \_\_\_\_\_ 抵达时间: \_\_\_\_\_

### 什么是前列腺超声检查和活检?

前列腺超声检查和活检是一起进行的检查,用于检查前列腺癌。这些检查可以在您的医生办公室进行。超声检查可让您的医生看到您的前列腺。在活检中,您的医生将收集您的前列腺组织样本。

### 我为什么需要做这些检查?

如果您患有以下疾病,您的医生可能要求您进行以下检查:

- 血液检测前列腺特异性抗原 (PSA) 偏高或升高。PSA 是前列腺产生的一种蛋白质。PSA 水平偏高与癌症有关。
- 您的前列腺直肠检查结果异常。



阅读完本手册后,如果您对前列腺超声检查和活检有任何疑问,请咨询您的医护人员。

## 我该如何准备这些检查？

以下是您必须为这些检查做准备的事情：

- 在测试前 7 天内**不要**服用任何血液稀释药物。这些药物是阿司匹林、布洛芬 (Advil、Motrin)、华法林 (Coumadin) 和氯吡格雷 (Plavix)。如果您通常服用这些药物或任何其他血液稀释剂，请告诉您的护士，以便我们为您提供建议。
- 您的医生会给您开 3 颗抗生素药片的处方：
  - 在您的药房取药。
  - 在超声检查和活检前一天晚上 8 点服用第一片药片。
  - 然后，每 12 小时服用 1 片，直到吃完。
- 在药店购买 Fleets 灌肠剂。您无需处方即可购买（非处方）。在前列腺超声检查和活检前一天晚上使用灌肠剂。按照 Fleets 盒子上的说明进行操作。
- 您可以吃正常食物。请**不要**在检查当天不吃饭。

**请注意：如果您在超声波检查和活检预约之前没有完成所有这些事情，我们可能需要将您的检查重新安排到另一天。**

## 检查期间会发生什么？

- 当您到达时，我们会带您进入检查室，并要求您换上病号服。您的医生会做一个简单的直肠检查。
- 接下来，一个小探针（一种大小和形状像手指的装置）会放入您的直肠。超声波会给我们提供您前列腺的图片。您的医生会稍微移动探针，让我们从多个不同角度观察您的前列腺。您不会感到疼痛。
- 接下来，您的医生会用一根非常细的针头将麻醉药注入您的前列腺。您的医生会取大约 12 个非常小的组织样本来检测癌症。通常，这不会很痛。
- 整个检查大约需要 20 分钟。

## 检查后我能期待什么？

- 手术后几个小时内，您的直肠区域可能会有轻微的压痛。
- 活检后，1 周内尿液和粪便中出现少量血液是正常现象。在某些情况下，尿液中的血液可能会持续长达 1 个月。在您离开诊所之前，我们会要求您排尿，以确保您的尿液中没有太多血液。
- 2 个月内精液中带血是很常见的。

## 这些检查的风险是什么？

这些检查有一定的风险。轻微的风险为尿液、精液和粪便中可能带血。前列腺或泌尿道也可能感染。

如果您出现以下任何症状，请致电您的医生：

- 发烧超过 101°F (38.6°C)
- 发冷
- 疼痛难忍
- 大量出血或出血时间较长

## 我如何获得我的测试结果？

我们一收到您的测试结果就会给您打电话。结果大约 1 周左右即可收到。

如果您在 7 个工作日内没有收到我们的回复，请致电我们，我们会核实您的结果。

### 疑问？

您的问题很重要。如果您有任何问题或疑虑请联系你的医生或医护人员。

#### ❑ 前列腺肿瘤科门诊

UWMC - Montlake campus  
1959 N.E. Pacific St.  
Seattle, WA 98195

工作日上午 8 点 30 至下午 5 点，请联系

206.598.6088。下班后和周末或假日，请联系  
206.598.6190 并要求传呼  
肿瘤科住院医生。

#### ❑ 男性健康中心

4245 Roosevelt Way N.E.  
Seattle, WA 98105

工作日上午 8 点 30 至下午 5 点，请联系

206.598.6358 分号 2。

下班后和周末或假日，请联系 206.598.6190 并要求  
传呼肿瘤科住院医生。

#### ❑ UW Eastside Specialty Center

3100 Northup Way  
Bellevue, WA 98004

工作日上午 7 点至晚上 8 点和周六上午 9 点至 8 点，请联系 425.646.7777.

## Prostate Ultrasound and Biopsy

### *How to prepare and what to expect*

*This handout explains how to prepare for prostate ultrasound and biopsy. It includes how they are done, risks, and how to get your results.*

Your prostate ultrasound and biopsy are scheduled at:

- Prostate Oncology Clinic**, 1st floor of the Surgery Pavilion, UW Medical Center - Montlake campus, 1959 N.E. Pacific St., Seattle, WA 98195
- Men's Health Center**, UWMC - Roosevelt, 4245 Roosevelt Way N.E., Seattle, WA 98105.
- UW Eastside Specialty Center**, 3100 Northup Way, Bellevue, WA 98004

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

### What are a prostate ultrasound and biopsy?

A prostate ultrasound and biopsy are tests done together to check for prostate cancer. These tests can be done in your doctor's office. The ultrasound allows your doctor to see your prostate. In the biopsy, your doctor will collect tissue samples of your prostate.

### Why do I need these tests?

Your doctor may have ordered these tests if you:

- Have a high or rising *prostate specific antigen* (PSA) blood test. PSA is a protein the prostate gland produces. High PSA levels are linked to cancer.
- Had a rectal exam of your prostate with abnormal results.



*Talk with your healthcare provider if you have any questions about your prostate ultrasound and biopsy after reading this handout.*

## How do I prepare for these tests?

These are things you **must** do to prepare for these tests:

- Do **not** take any blood-thinning medicines for 7 days before your tests. Some of these are aspirin, ibuprofen (Advil, Motrin), warfarin (Coumadin), and clopidogrel (Plavix). If you normally take these or any other blood thinners, tell your nurse so we can advise you about this.
- Your doctor will give you a prescription for 3 antibiotic pills:
  - Fill this prescription at your pharmacy.
  - Take the first pill at 8 p.m. the night before your ultrasound and biopsy.
  - Then, take 1 pill every 12 hours until they are gone.
- Buy a Fleets enema at the drugstore. You can buy it without a prescription (over the counter). Use the enema the night before your prostate ultrasound and biopsy. Follow the directions in the Fleets box.
- You may eat your normal foods. Please do **not** skip meals the day of your tests.

**Please note: If you do not do all of these things before your ultrasound and biopsy appointment, we may need to reschedule your tests for another day.**

## What will happen during the tests?

- When you arrive, we will take you into your exam room and ask you to change into a gown. Your doctor will do a simple rectal exam.
- Next, a small *probe* (a device that is finger-like in size and shape) will be placed into your rectum. Ultrasound waves will give us pictures of your prostate. Your doctor will move the probe slightly to give us many different views of your prostate. You will not feel pain.
- Next, your doctor will use a very thin needle to inject a numbing medicine into your prostate. Your doctor will take about 12 very small tissue samples to test for cancer. Normally, this is not painful.
- The entire test will take about 20 minutes.

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- Prostate Oncology Clinic**  
UWMC - Montlake campus  
1959 N.E. Pacific St. Seattle,  
WA 98195 Weekdays 8:30  
a.m. to  
5 p.m., call 206.598.6088.  
After hours and on  
weekends or holidays, call  
206.598.6190 and ask for  
the resident on call for  
Oncology to be paged.
- Men's Health Center** 4245  
Roosevelt Way N.E. Seattle,  
WA 98105 Weekdays 8 a.m.  
to 5 p.m., call 206.598.6358  
and press 2.  
After hours and on  
weekends or holidays, call  
206.598.6190 and ask for  
the resident on call for  
Oncology to be paged.
- UW Eastside Specialty  
Center**  
3100 Northup Way Bellevue,  
WA 98004 Weekdays 7 a.m.  
to 8 p.m. and Saturdays 9  
a.m. to 8 p.m., call  
425.646.7777.

## What can I expect after the tests?

- You may have a small amount of tenderness in your rectal area for a few hours after your procedure.
- **After the biopsy, it is normal to see some blood in your urine and stool for 1 week.** In some cases, blood in your urine may last for up to 1 month. Before you leave the clinic, we will ask you to urinate to make sure you do not have too much blood in your urine.
- Blood in your semen is common for 2 months.

## What are the risks of these tests?

These tests have some risks. Minor risks are blood in your urine, semen, and stool. Infection of your prostate or urinary tract may also occur.

Call your doctor if you have any of these symptoms:

- Fever higher than 101°F (38.6°C)
- Chills
- A lot of pain
- A lot of bleeding or bleeding that lasts a long time

## How do I get my test results?

We will call you as soon as we get your test results. We should get them in about 1 week.

If you have not heard from us in 7 working days, please call us and we will check on your results.