

UW Medicine

## Ultrasound-ka Qanjirka Borostayt-ka iyo Cad Ka-Qaadista (biopsy)

*Sida loogu diyaargarooobo iyo waxa laga filan karo*

*Qoraalkani wuxuu sharxayaa sida loogu diyaargarooobo ultrasound-ka qanjirka borostayt-ka iyo cad ka-qaadista (biopsy). Waxaa ku jira sida loo sameeyo, khataraha, iyo sida loo helo natiijooyinkaaga.*

Ballantaada ultrasound-ka qanjirka borostayt-ka iyo cad ka-qaadista (biopsy) ayaa lagaaga sameeyey:

- Rugta Kansarka Qanjirka Borostayt-ka (Prostate Oncology Clinic),** Dabaqa kowaad ee Dhismaha Qaliinka (Surgery Pavilion), Xarunta Caafimaadka UW - Kambaska Montlake, 1959 N.E. Pacific St., Seattle, WA 98195
- Xarunta Caafimaadka Ragga (Men's Health Center),** UWMC - Roosevelt, 4245 Roosevelt Way NE., Seattle, WA 98105.
- Xarunta Takhasusaadka UW ee Eastside (Eastside Specialty Center),** 3100 Northup Way, Bellevue, WA 98004

Maalinta: \_\_\_\_\_ Taariikhda: \_\_\_\_\_ Waqtiga imaatinka: \_\_\_\_\_



*Kala hadal bixiyaha daryeelka caafimaadkaaga haddii aad wax su'aalo ah ka qabtid ultrasound-ka borostaytkaaga iyo cad ka-qaadista (biopsy) ka dib markaad akhrido qoraalkan.*

### Maxay yihiin ultrasound-ka qanjirka borostayt-ku iyo cad ka-qaadistu (biopsy)?

Ultrasound-ka borostayt-ka iyo cad ka-qaadista (biopsy) waa baaritaano si wada jir ah loo sameeyo si loo hubiyo kansarka qanjirka borostayt-ka. Baaritaanadan waxaa lagu samayn karaa xafiiska dhakhtarkaaga. Ultrasound-ku wuxuu u oggolaanayaa dhakhtarkaaga inuu arko qanjirka borostayt-ka. Cad ka-qaadista (biopsy), dhakhtarkaagu wuxuu soo qaadi doonaa sambalo yaryar oo ah unugyada borostaytkaaga.

### Maxaan ugu baahanahay baaritaanadan?

Dhakhtarkaaga ayaa laga yaabaa inuu dalbado baaritaanadan haddii:

- Baadhitaanka dhiigga ee PSA uu sarreeyo ama kor u kaca dheecaanka khaaska antigen-ka ee borostaytka (PSA). PSA waa borotiin uu qanjirka borostayt-ku soo saaro. Heerarka sare ee PSA waxay xidhiidh la leeyihiin kansarka.
- Waxaad lahayd baadhitaanka borostaytka ee laga fiiriyo futada oo aan caadi ahayn.

## Sidee isugu diyaarinayaa baadhitaanadan?

Kuwani waa waxyaabo ay **tahay** inaad sameyso si aad isugu diyaariso baadhitaanadan:

- **Ha** qaadan wax dawooyinka dhiigga khafiifiya ah 7 maalmood ka hor baaritaanadan. Qaar ka mid ah kuwaas waa asbiriin, ibuprofen (Advil, Motrin), warfarin (Coumadin), iyo clopidogrel (Plavix). Haddii aad sida caadiga ah qaadatid kuwaas ama kuwa kale oo dhiigga khafiifiya, u sheeg kalkaalisada caafimaadkaaga si aan kaagala talino arrintan.
- Dhakhtarkaagu waxa uu kuu qori donaa 3 kaniini oo antibiyootik ah:
  - Ka soo qaado daawadan farmashiyahaaga.
  - Qaado kiniinka ugu horreeya 8-da fiidnimo habeenka ka horreeya ultrasound-kaaga iyo cad ka-qaadista.
  - Ka dibna, qaado 1 kiniini ah 12-kii saacadoodba mar ilaa ay ka dhammaadaan.
- Ka iibso “Fleets enema” farmashiyaha. Waxaad ka soo iibsan kartaa warqad dhakhtar la'aan (khaanadaha farmashiyaha ayey taal). Isticmaal “enema” habeenka ka horreeya ultrasound-ka borostayt-ka iyo cad ka-qaadista (biopsy). Raac tilmaamaha ku jira sanduuqa “Fleets”.
- Waxaad cuni kartaa cuntooyinkaaga caadiga ah. Fadlan ha ka boodin cuntada maalinta baaritaankaaga.

**Fadlan ogsoonow: Haddii aadan arrimahan oo dhan samayn ka hor ballantaada ultrasound-ka iyo cad ka qaadista (biopsy), waxaa laga yaabaa in aanu u baahano in aan dib ugu dhigno baaritaannadaada maalin kale.**

## Maxaa dhici doona inta lagu jiro baadhitaanada?

- Markaad timaaddo, waxaanu ku geyn doonaa qolkaaga baadhitaanka oo waxaanu kaa codsan doonaa inaad gashato dharka cusbitaalka “gown”. Dakhtarkaagu wuxuu sameyn doonaa baaritaan fudud oo futada ah.
- Marka xigta, baar yar (qalab u eg farta cabbir ahaan iyo qaab ahaan) ayaa la gelin doonaa malawadka. Mowjadaha Ultrasound-ka ayaa na siin doona sawirada borostayt-ka. Dhakhtarkaaga ayaa wax yar u dhaqaajin doona baarka (probe) si uu noo siiyo aragtiyo badan oo kala duwan oo ku saabsan borostayt-kaaga. Ma dareemi doontid xanuun.
- Marka xigta, dhakhtarkaagu wuxuu isticmaali doonaa irbad aad u dhuuban si uu daawada kabuubyada ugu duro qanjirka borostayt-ka. Dhakhtarkaagu wuxuu soo qaadi doonaa ilaa 12 sambal oo unugyo (nudo) ah oo aad u yaryar si kansar looga baaro. Caadiyan, tani xanuun maaha.
- Baadhitaanka oo dhami wuxuu qaadan doonaa ilaa 20 daqiiqo.

## Su'aalo?

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama bixiyaha daryeelka caafimaadkaaga haddii aad qabtid su'aalo ama walaac.

### Rugta Kansarka Borostaytka

(Prostate Oncology Clinic)

UWMC - Montlake campus

1959 N.E. Pacific St.

Seattle, WA 98195

Maalmaha shaqada 8:30

subaxnimo ilaa 5 galabnimo, wac

206.598.6088.

Saacadaha shaqada kadib iyo maalmaha dhammaadka-wiiga iyo fasaxyada, wac 206.598.6190.

Weydiiso dhakhtarka kaadi-mareenka ee heeganka ah in lagu Waco.

### Xarunta Caafimaadka Ragga

(Men's Health Center)

4245 Roosevelt Way N.E.

Seattle, WA 98105

Maalmaha shaqada 8 subaxnimo

ilaa 5 galabnimo, wac

206.598.6358 oo riix 2.

Saacadaha shaqada kadib iyo maalmaha dhammaadka-wiiga iyo fasaxyada, wac 206.598.6190.

Weydiiso dhakhtarka kaadi-mareenka ee heeganka ah in lagu Waco.

### Xarunta Takhasusaadka UW ee Eastside (UW Eastside Specialty Center)

3100 Northup Way

Bellevue, WA 98004

Maalmaha shaqada 7 subaxnimo

ilaa 8 fiidnimo iyo Sabtiyada 9

subaxnimo ilaa 8 fiidnimo., wac

425.646.7777.

## Maxaan filan karaa baaritaanka ka dib?

- Waxa laga yaabaa in aad damqasho yar ku yeelato aaggaga malawadka/futada dhawr saacadood ka dib hawshan.
- **Ka dib cad ka-qaadista (biopsy-ga), waa caadi in lagu arko xoogaa dhiig ah kaadidaada iyo saxaradaada muddo 1 toddobaad ah.** Xaaladaha qaarkood, dhiiga kaadidaada waxa laga yaabaa inuu jiro ilaa 1 bil. Kahor inta aadan ka bixin rugta caafimaadka, waxaanu kaa codsan doonaa inaad kaadido si loo hubiyo in dhiig aad u badani aanu ku jirin kaadidaada.
- Dhiig ku jira shahwada waa caadi ilaa 2 bilood.

## Waa maxay khataraha baadhitaanadani?

Baadhitaanadani waxay leeyihiin xoogaa khatar ah. Khataraha yaryari waa dhiiga kaadidaada, shahwadaada, iyo saxaradaada. Caabuqa qanjirka borostaytka ama kaadi mareenka ayaa sidoo kale dhici kara.

Wac dhakhtarkaaga haddii aad leedahay mid ka mid ah calaamadahan:

- Qandho ka sarreysa 101°F (38.6°C)
- Qarqaryo
- Xanuun badan
- Dhiig-bax badan ama dhiig-bax badan oo muddo dheer qaata

## Sidee ku heli karaa natiijada baaritaankayga?

Waanu ku soo wici doonaa isla marka aanu helno natiijadaada baaritaanka. Waxa aanu ku heli doonaa qiyaastii 1 toddobaad gudahood.

Haddii aadan war naga helin 7 maalmood oo shaqo gudahood, fadlan na soo wac waxaan fiirin doonaa natiijadaada.

## 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.