

前列腺超声检查和活检

如何准备及其过程

本手册介绍了如何准备前列腺超声检查和活检。其中包括其过程、风险以及如何获取检查结果。

您的前列腺超声检查和活检安排在：

❑ Prostate Oncology Clinic 前列腺肿瘤诊所

UWMC-Montlake 华大医疗中心-蒙特湖院区，1st floor of the Surgery Pavilion 外科大楼一楼。

地址：1959 N.E. Pacific St., Seattle, WA 98195

❑ Men's Health Center 男性健康中心

UWMC – Roosevelt 华大医疗中心-罗斯福分院。

地址：4245 Roosevelt Way N.E., Seattle, WA 98105.

❑ Northwest Hospital 西北医院 – McMurray Urology 泌尿科

地址：1536 N 115th St., Suite 300, Seattle, WA 98133

❑ UW Eastside Specialty Center 华大东区专科中心

地址：3100 Northup Way, Bellevue, WA 98004

星期几：_____ 日期：_____ 到达时间：_____



用手机的相机扫描，获取本讲义的电子版。

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。这些检查可以在医生办公室进行。超声检查可以让医生看到您的前列腺。而通过活检，医生会收集前列腺的组织样本。

我为什么需要这些检查？

如果您出现以下情况，您的医生可能要求进行这些检查：

- 前列腺特异抗原 (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。
- 对您的前列腺进行了直肠检查，结果异常。

我该如何准备做这些检查？

为了准备这些检查你必须做以下事情：

- 检查前 7 天内不要服用任何稀释血液的药物。其中包括阿司匹林 aspirin、布洛芬 ibuprofen (Advil、Motrin)、华法林 warfarin (Coumadin) 和氯吡格雷 clopidogrel (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，以便我们为您提供相关建议。



阅读本文后，如果您对前列腺超声波检查和活检有任何疑问，请咨询您的医疗服务提供者。

- 医生会给您开 3 片抗生素药片的处方：
 - 到您的药房取此处方。
 - 在超声检查和活检的前一天晚上 8 点服用第一粒药片。
 - 然后，每 12 小时服用 1 粒药片，直至服完药片。
- 在药房购买 “Fleets enema” 灌肠剂。无需处方即可购买（非处方品）。在前列腺超声检查和活检前一晚使用灌肠剂。按照 “Fleets enema” 盒子上的说明操作。
- 您可以正常进食。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按指示完成所有这些准备事项，我们可能需要将您的检查重新安排到另一天。

检查过程如何？

- 当您到达时，我们会带您进入检查室并要求您换上患者衣服。您的医生会进行简单的直肠检查。
- 接下来，医生会将一个小**探针**（一种手指大小和形状的装置）放入您的直肠。超声波会给我们提供您前列腺的图片。医生会稍微移动探针，让我们从多个角度查看您的前列腺。您不会感到疼痛。
- 接下来，医生会用一根非常细的针头将麻醉药注射到您的前列腺中。医生会取大约 12 个非常小的组织样本来检测癌症。通常，这不会觉得疼痛。
- 整个检查过程大约需要 20 分钟。

检查之后我会有什么情况？

- 检查操作程序后几个小时内，您的直肠区域可能会有轻微的触痛。
- **活检后，一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 个月内精液中带血很常见。

这些检查有什么风险？

这些检查有一定的风险。轻度的风险是尿液、精液和粪便中可能出现血液。前列腺或泌尿道也可能受感染。

如果您出现以下任何症状，请致电您的医生：

- 发热高于华氏 101° F（摄氏 38.6° C）
- 发冷
- 非常痛苦
- 大量出血或出血持续很长时间

如何获取我的检查结果？

我们一旦收到您的检查结果就会给您打电话。我们大约 1 周后即可收到结果。

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

有提问吗？

我们很重要您的提问。如果您有问题或顾虑，请致电您的医生或医疗服务提供者。

Prostate Oncology Clinic 前列腺肿瘤诊所

工作日：上午 8:30 至 下午 5:00

电话：206. 598. 6088。

下班后、周末或节假日：请致电：

206. 598. 6190，要求呼叫肿瘤科值班住院医师。

Men's Health Center 男性健康中心

工作日：上午 8:00 至 下午 5:00

电话：206. 598. 6358，按 2。

下班后、周末或节假日：请致电：

206. 598. 6190，要求呼叫肿瘤科值班住院医师。

Northwest Hospital 西北医院

工作日：上午 8:00 至 下午 5:00

电话 206. 668. 5212 按 2

下班后、周末或节假日：请拨打同一号码与护士通话。如遇紧急问题，可呼叫

泌尿科值班医生。

UW Eastside Specialty Center 华大东区专科中心

工作日：上午 7:00 至 下午 5:00：

电话：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.



Scan with your phone camera for a digital copy of this handout.

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.
- ☐ **Northwest Hospital** – McMurray Urology, 1536 N 115th St., Suite 300
- ☐ **UW Eastside Specialty Center**, 3100 Northup Way, Bellevue, WA 98004

Day: _____ Date: _____ Arrival Time: _____

What is 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 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.

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.

Questions?

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

Prostate Oncology Clinic

Weekdays 8:30 a.m. to 5 p.m.:
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

Weekdays 8 a.m. to 5 p.m.:
206.598.6358, 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.

Northwest Hospital

Weekdays 8 a.m. to 5 p.m.:
206.668.5212 and press 2

After hours and on weekends or holidays,
call the same number to speak to the
nurse. For urgent issues, the Urology
doctor on call may be paged.

UW Eastside Specialty Center

Weekdays 7 a.m. to 5 p.m.: 425.646.7777.