Transrectal Ultrasound Scan (Trus)

What Is A Trus Scan?

An ultrasound scan uses high frequency sound waves to create an image of an area of the body. A transrectal ultrasound (TRUS) is a widely used diagnostic test to examine the prostate gland which lies at the front of your bottom (rectum). It involves the insertion of a small ultrasound probe into the rectum to obtain detailed images of the prostate and surrounding tissues.

Why Do I Need A Trus Scan?

- **Further investigation**: Following a raised **PSA** or an **abnormality found during a digital rectal examination (DRE)**
- **Prostate cancer detection:** Helps identify suspicious areas in the prostate that may require further investigation.
- **Biopsy guidance:** Ensures accurate placement of biopsy needles when taking tissue samples.
- **Prostate size measurement:** Determines the size of the prostate, which is essential in diagnosing conditions like benign prostatic hyperplasia (BPH).
- **Evaluation of symptoms:** Assists in investigating causes of urinary symptoms such as difficulty urinating, or pain.
- **To assess response to treatment:** To check the size of the prostate and monitor treatment effectiveness.

How Is The Procedure Performed?

- **Preparation:**
    - You do not need a full bladder for your scan.
    - You can continue to take any medicines prescribed by your doctor.
    - You should wear comfortable, loose-fitting clothing for your scan.
    - You may be asked to use a rectal enema before the scan to ensure the rectum is empty. This helps improve image quality.

- **During the procedure:**
    - You will lie on your side with your knees drawn up.
    - A lubricated ultrasound probe, about the size of a finger, is gently inserted into the rectum.
    - The probe emits sound waves that create images of the prostate on a monitor.
    - If a biopsy is necessary, the doctor will use the ultrasound images to guide the needle

and take tissue samples.

- **After the procedure:**
    - You can return to your normal activities immediately.
    - If a biopsy was performed, you might notice a small amount of blood in your urine, semen, or stool for a few days.

Procedure Advantages

- During an ultrasound, you are not exposed to any ionising radiation, making it far safer than an X-ray or CT scan.
- Ultrasound scans can reveal a wealth of useful information to doctors. They can capture images of soft tissues that would show up poorly on an X-ray.
- Results are available straight away.
- You can watch the whole procedure if you wish.

Risks And Complications

- **Discomfort:** You may experience mild discomfort during the procedure.
- **Bleeding:** Minor bleeding in the urine, stool, or semen is common after a biopsy.
- **Infection:** Though rare, there is a slight risk of infection, particularly if a biopsy is performed. Antibiotics are often given to reduce this risk.
- **Urinary retention:** In very rare cases, temporary difficulty urinating may occur after the procedure.

What Happens Next?

- The images and any biopsy samples will be reviewed by your urologist.
- Results are typically discussed during a follow-up appointment.
- Depending on the findings, further tests or treatment may be recommended.

Why Choose Birmingham Prostate Centre

At Birmingham Prostate Centre we specialise in providing high-quality transrectal ultrasound (TRUS) scans for

accurate and timely diagnosis of prostate conditions. Our team of experienced urologists and radiologists uses the latest technology to ensure precise imaging, enabling effective diagnosis and treatment planning. We prioritize patient comfort and care, offering a supportive environment throughout the procedure.

Contact Us

For more information about the TRUS scan or to schedule an appointment, please contact the Birmingham Prostate Centre, and benefit from expert care, state-of-the-art facilities, and a dedicated team committed to your health and well-being.