Understanding and preparing for your prostate ultrasound scan

You have been referred for a prostate ultrasound examination. This guide will tell you about the procedure and help you prepare for the appointment.

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What is a prostate ultrasound scan?

An ultrasound scan is a test which involves taking pictures of the body using sound Waves.

For a prostate scan the ultrasound probe is inserted in the back passage (rectum) and the ultrasound waves 'bounce back' off the prostate gland and surrounding tissues to form a picture. The images that are created can be recorded and interpreted to help your doctor make a diagnosis.

Are there any side effects?

There are no side effects from this examination.

Before your appointment

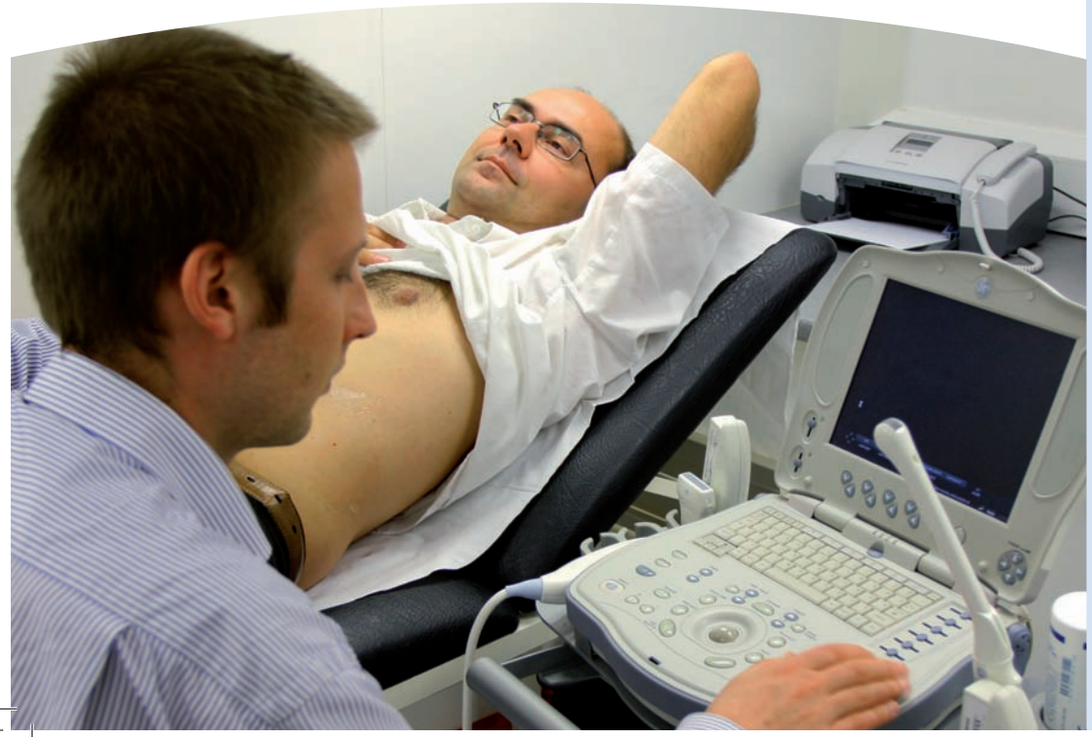
You do not need to make any special preparations for your prostate ultrasound scan.

If you need help because you speak a different language, or you want a friend, relative or carer to come with you, please advise the the clinic so that the staff can be ready for you. Please also let us know before the appointment if you would prefer to be seen by an ultrasonographer of the same sex. In order to provide an ultrasonographer of the same sex we might have to change your appointment. During an intimate examination such as a prostate ultrasound, a chaperone will always be available.

On arrival

When you arrive, one of our staff will explain the procedure to you and answer any questions you may have. We will ask you to undress and put on an examination gown. You may prefer to bring your own dressing gown from home.

You may have to have an enema (a small amount of fluid inserted into your bowel) before the scan.



This will clear your bowel of any waste which may distort the images. This will help us to perform a more effective scan and produce clearer images.

The examination

We will ask you to lie down on your left side on the examination couch, with your knees drawn up. We may put some lubricating gel into your back passage to improve the contact between your body and the ultrasound probe. The probe is similar to a thick, blunt pen and is connected by a lead to an ultrasound machine and monitor. We will insert the probe into your back passage and gently rotate it so that ultrasound pictures can be seen.

How long will it take?

Usually, an ultrasound procedure will take between 15 minutes and half an hour.

When will I get the results?

The doctor who referred you will receive the ultrasound report within four working days of your ultrasound scan.

You should telephone to confirm that they have received your report before arranging an appointment, unless the doctor has made different arrangements with you.

Occasionally you might be required to attend one of our specialist clinics, you will be told about this after you have had your scan.

Giving your consent for the procedure

The information in this leaflet will give you an idea of what is involved in your prostate ultrasound. Before any medical procedure can be performed, the health-care professional carrying out the procedure will let you know what to expect. It is your right to be given all the information you need to make an informed choice about whether you want to go through with the procedure or not. Please feel free to ask any questions.

The nature of this examination means that you must give your written consent.

Informed consent

The information contained within this leaflet is intended to provide you with an overview of the examination or treatment that you are to receive. Prior to any medical procedure being carried out, the healthcare professional conducting the procedure will describe the nature of the examination or treatment you are to receive and will detail any risks associated with the procedure. It is your right to be given sufficient information to be able to make an informed decision as to whether you wish to continue with the examination/treatment or to refuse to undergo the procedure.

The nature of some examinations and treatment requires that your consent to continue must be given in writing and a form will be provided for you to sign. Some examinations may only require your verbal consent. For further information regarding our consent policy, please contact the Centre to which you have been referred.

We take pride in the standard of service which we offer at InHealth. If you do have reason to complain, however, we take your comments seriously and a full complaints procedure is available upon request. Please ask a member of staff at the Centre who will be able to provide you with a copy, alternatively call the Central Bookings line on 0845 603 0854 for a copy of the policy or to make a complaint. If you are unhappy with our handling of your complaint, you can contact the Healthcare Commission at: Healthcare Commission, Finsbury Tower, 103-105 Bunhill Row, London EC1Y 8TG.

Alternatively you can telephone 0207 448 9200 or visit... www.healthcarecommission.org.uk

Data Protection

InHealth will keep the information you provide for internal purposes. We may also share the information you provide, but from which you cannot be identified, with those responsible for meeting your treatment or expenses (or their agents) for research, statistical, educational, administrative or contractual purposes (for example, audit and continuous improvement). This will include the National Health Service if you are a NHS patient.

If you would like to obtain a copy of the most recent Healthcare Commission report, please address your request to the Unit Manager.

If you have any comments or suggestions about our patient information leaflet, please also direct them to the Unit Manager.

This patient information leaflet is reviewed annually and patient observations are welcomed as part of that process. Braille, audio CD and large print versions of this leaflet are available on request.

About InHealth Limited

InHealth is a leading provider of healthcare services operating exclusively in the UK working predominantly within the NHS, but also services the needs of private health care providers. The company vision is founded upon a desire to improve health care provision through the delivery of innovative, efficient, appropriate and leading edge services and by so doing, improving the health of the nation and the working lives of the professionals within it.

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