

## + Education and Support

If it has been found that you have prostate cancer, a nurse navigator provides support and information to help you understand:

- diagnosis
- treatment options
- test or procedures
- · medical language

Men and family members can call (306) 766-8498

to speak to the prostate nurse navigator and/or arrange a time to meet.

#### For 24 hour professional health advice and information, call



www.healthlineonline.ca





# Prostate Assessment Centre

**Pasqua Hospital** 

## Prostate Assessment Centre Pasqua Hospital

4101 Dewdney Avenue (306) **766-6210** p Regina, SK S4T 1A5 (306) **766-6211** f

### For more information visit:

www.health.gov.sk.ca/prostate-cancer

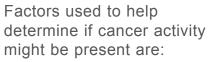
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The Prostate Assessment Centre provides patients with a comprehensive diagnosis of prostate concerns.

The prostate is a small gland, normally the size of a walnut, located below the bladder and surrounding the urinary passage (urethra). Its function is to secrete part of the semen produced at ejaculation.



- prostate specific antigen (PSA) blood test
- digital rectal exam (DRE)
- family history of prostate cancer
- · age / overall health

An elevated PSA level or an abnormal DRE may be due to other problems, such as infection or benign prostate hyperplasia (BPH).

Further testing may be required. Your doctor can refer you to the Prostate Assessment Centre at the Pasqua Hospital.



Trans-rectal ultrasound (TRUS) examination involves passing a narrow probe through the anus into the rectum. much like a DRE. Ultrasound imaging allows the radiologist to measure the prostate size and texture.

### + TRUS Biopsy Procedure

Tissue samples are collected by passing a thin needle into the prostate through the lining of the rectum. The samples are examined to determine if cancer is present. You are awake during the biopsy. There is rarely any significant pain. The report is available within 2 weeks.

The risk of bleeding is increased in patients taking blood thinners, anti-inflammatory medications and many herbal supplements. These drugs are normally stopped prior to the procedure. It is important to know which medications you are taking. When scheduling your prostate biopsy examination, consultation with your doctor may be required.

Antibiotic drugs are prescribed for you to prevent infection after the biopsies.

The biopsy examination takes about 20 minutes after which you are monitored for a short period of time to ensure you have no complications. Allow 2 to 3 hours for your entire visit. You need to arrange for someone to accompany you home after the biopsy if you live outside of Regina.

### + Risks and Complications

It is not unusual to see a bit of blood in the urine and stool for 1 to 2 days after prostate biopsies. You may see blood in the semen for several weeks.

When preventive antibiotics are taken properly, infection is unusual. Contact your doctor or go to Emergency if you develop a fever or have difficulty voiding.









