



TRANSRECTAL ULTRASOUND PATIENT INFORMATION

WHAT IS A TRANSRECTAL ULTRASOUND?

A transrectal ultrasound (TRUS) also called a prostate sonogram or endorectal ultrasound utilizes sound waves to create an image of the prostate gland and the surrounding tissue. Generally, the scan requires the insertion of an ultrasound probe into the patient's rectum. A computer analyzes the wave patterns (called echoes) as they bounce off the organs and converts them into an image that doctors view on a video screen.

INDICATIONS: WHEN IS IT USED

- Evaluation of hematospermia in men > 40, to distinguish idiopathic from secondary causes
- Detailed prostate volume measurement to guide specific BPH interventional treatment
- To help evaluate for prostate cancer by guiding biopsy of the prostate
- Infertility (cyst in a man's reproductive system)

A TRUS is often used to help diagnose prostate cancer if the prostate-specific antigen (PSA) level is high, the doctor feels an abnormal area during a digital rectal exam (DRE), or a man has certain symptoms. A TRUS can also be used to deliver treatments for cancerous and non-cancerous conditions of the prostate or surrounding structures.



Highly professional and extremely accommodating. The entire staff, from the manner in which you are welcomed through to the treatment delivered was, quite simply, first class. Its not often you find this combination of expertise and quality care together, but I did at MyHealth Centre. Thank you to the MyHealth Team for a quality experience! – Patient, Google Review

BENEFITS

MyHealth Centre's 40 locations are the only Independent Health Facilities in Ontario that are Accredited with Commendation. This significant achievement means:

- ✓ We strive to provide same-week appointments for cardiology and diagnostic imaging services.
- ✓ Your referring doctor receives a comprehensive report of your results in a timely manner.
- ✓ Our facilities uphold the highest standard of infection prevention, cleanliness, safety and comfort.
- ✓ Experienced and friendly healthcare professionals.
- ✓ State-of-the-art technology and equipment.

THAT'S WHY MORE THAN 15,000 ONTARIO DOCTORS RECOMMEND AND REFER THEIR PATIENTS TO US.

PATIENT PREPARATION

- You will be asked to sign a consent form prior to the test.
- Visit your nearest pharmacy and request a fleet enema. Your pharmacist will be able to advise on cost and how to use.
- Fleet enema must be done 2 hours prior to the appointment.
- A full bladder is required. Finish 1 litre (4 cups) of water 1 hour prior to the appointment.

PRECAUTIONS:

- This exam consists of both an internal and external examination.
- The internal portion of the exam may be uncomfortable, but shouldn't be painful. Please let the technologist know of any discomfort experienced.
- If discomfort persists or is not tolerable, the procedure will be stopped and further options should be discussed with your family physician.



Call toll-free **1-888-478-7148**
or visit **MyHealthCentre.ca**

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