

Transrectal Ultrasound (TRUS)

What is a TRUS?

In this procedure, the doctor or technician inserts a probe slightly larger than a pen into your rectum. The probe directs high-frequency sound waves and the echo patterns form an image of the organs on a monitor. The image shows irregularities but cannot definitively identify tumors.

TRUS may also be used to do a biopsy. The doctor guides a needle to the correct spot to collect a tissue sample.

Before the Procedure

There is **required preparation** for this test. You must use an enema before the test to empty your rectum of stool. You will also be prescribed a small course of antibiotics to take both before and after the procedure. A member of the nursing staff will discuss these preparations with you. Tell your doctor if you have any allergies, especially to antibiotics.

During the Procedure

- The procedure usually takes about 15-25 minutes
- You will be asked to lie on your left side to allow for easier insertion of the rectal probe.
- The probe will be coated with a clear lubricating jelly to allow for easier insertion into the rectum
- The technician will adjust the console on the ultrasound machine to get a baseline for normal tissue.
- When the sensor is put into the rectum, you will feel some pressure that resembles the feeling you have before a bowel movement.

Biopsy

If any suspicious areas are seen, several small biopsies will be taken through the wall of your rectum. The doctors will generally need to take at least 12 biopsies (tissue samples), depending on your condition.

After the Procedure

There is usually some ongoing bleeding from your rectum and in your urine and semen, though this is usually very small and stops within a few days.

It is very important for you to take the antibiotics as directed until you have used them up.