

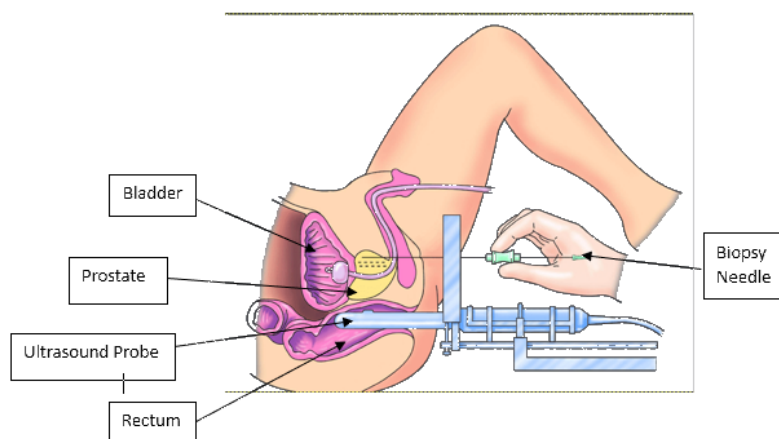
Transperineal Prostate Biopsy

A safer, more accurate approach to diagnosing prostate cancer

At Urology NSW, Dr Raji Kooner and his team offer advanced diagnostic techniques for prostate cancer, including the precise and minimally invasive transperineal prostate biopsy. This modern approach provides important advantages over traditional transrectal methods - improving safety and diagnostic accuracy for patients.

What is a transperineal prostate biopsy?

A transperineal prostate biopsy is a diagnostic procedure that involves taking small samples of prostate tissue through the skin between the scrotum and anus (the perineum). These samples are then analysed in a pathology lab to detect the presence of cancerous cells.



Transperineal biopsy: needles pass through the perineal skin under ultrasound guidance, avoiding the bowel.

Unlike the traditional transrectal ultrasound-guided (TRUS) biopsy, which passes needles through the rectum, the transperineal method avoids contact with the bowel - reducing the risk of infection and sepsis.

Why transperineal over transrectal?

More Australian urologists are now recommending transperineal biopsy due to its clear benefits:

- **Lower infection risk**

The rectum contains bacteria that can lead to infection. By avoiding the bowel, transperineal biopsy substantially reduces the risk of sepsis - a serious complication that has been reported in up to about 3% of patients after a traditional TRUS biopsy.

- **Greater accuracy**

This approach offers improved access to all zones of the prostate, particularly the anterior region, which can be missed during a TRUS biopsy. This results in a more accurate diagnosis, especially in men with a rising PSA but previous negative biopsies.

- **Better for MRI fusion targeting**

Transperineal biopsy is well suited to MRI fusion-guided biopsy, which uses pre-acquired MRI scans to pinpoint suspicious areas with high precision.

- **Suitable for local or general anaesthesia**

Depending on patient preference and clinical factors, the procedure can be done comfortably under sedation or general anaesthetic.

Who should consider a transperineal biopsy?

At Urology NSW, we may recommend a transperineal biopsy for:

- Men with elevated PSA levels or an abnormal digital rectal examination (DRE).
- Men with previous inconclusive or negative biopsies.
- Men needing a more accurate diagnosis before prostate surgery or radiation.
- Patients seeking a lower-risk, more comprehensive diagnostic pathway.

What to expect during the procedure

- **Anaesthesia**

The biopsy is usually performed under light sedation or a general anaesthetic for comfort.

- **Image guidance**

An ultrasound probe is placed in the rectum to visualise the prostate, while needles pass through the perineal skin.

- **Tissue sampling**

Several samples are taken using a grid or freehand technique. Targeted MRI fusion may be used if pre-biopsy imaging suggests specific areas of concern.

- **Recovery**

Most patients go home the same day. Temporary minor discomfort or blood in urine or semen may occur but usually resolves within a short time.

Next steps

If you would like to discuss whether a transperineal biopsy is right for you, please contact Urology NSW on 02 8382 6980 or visit urologynsw.com.au/prostate-cancer/transperineal-biopsy. A second opinion can also be requested through the website.

References and further information

Urology NSW. Transperineal Prostate Biopsy & MRI Fusion. urologynsw.com.au/prostate-cancer/transperineal-biopsy.

Urology NSW. Prostate Biopsy for Prostate Cancer. urologynsw.com.au/prostate-cancer/biopsy.

Urology NSW. Multiparametric MRI for Prostate Cancer. urologynsw.com.au/prostate-cancer/multiparametric-mri.

Urology NSW. Diagnosis of Prostate Cancer. urologynsw.com.au/prostate-cancer/diagnosis.

Urology NSW. Patient Information Brochures. urologynsw.com.au/patient-information-brochures.