

# Transrectal Prostate Ultrasound (TRUS)

## Information for the Patient

The examination allows for a precise assessment of the prostate and tissues located in the pelvic area. These include the rectum, urinary bladder, and reproductive organs. A transrectal ultrasound enables evaluation of the size and internal structure of the prostate, analysis of the gland volume, and identification of possible pathological changes. If necessary, tissue samples may also be collected during the examination for histopathological analysis.

### Examination Procedure

- The examination is usually performed while lying on the left side with the knees bent.
- The examination requires removal of the lower garments and underwear.
- The doctor places a condom over the ultrasound probe and applies a special gel to facilitate insertion of the probe into the rectum and allow smooth manipulation during the examination. During the transrectal ultrasound, the specialist moves the probe in order to accurately assess the condition of the prostate gland.
- During the examination, the patient may experience discomfort and a sensation of fullness in the rectum. However, anesthesia is generally not necessary.
- The examination lasts approximately 15 minutes. During this time, it is possible to collect a tissue sample for histopathological analysis.

### How to Prepare

- At least 24 hours before the examination, avoid eating legumes, raw fruits and vegetables, dark bread, and carbonated beverages.
- It is best to undergo the examination on an empty stomach.
- There is no need to arrive with a full urinary bladder.
- Bowel cleansing before a transrectal prostate ultrasound (such as enemas or laxatives) is not necessary. The exception is when tissue sampling for histopathological analysis is planned. Preparation details will be provided by the referring physician.
- Remember to bring any previous medical documentation with you, such as results of previous abdominal or transrectal prostate ultrasounds and PSA test results.