

Having a Prostate Ultrasound Study

This handout offers information on having a prostate ultrasound study. A prostate ultrasound study gathers information about your prostate. This helps your radiation oncologist decide if a High Dose Radiation (HDR) prostate brachytherapy procedure is the right option for treatment.

The prostate ultrasound study:

- Determines if you are medically able to have an HDR prostate brachytherapy procedure.
- Assesses the size of your prostate.
- Records pictures of your prostate to prepare for the HDR prostate brachytherapy procedure.

Getting ready for your prostate ultrasound study appointment

Gas and stool in your rectum can affect the quality of the ultrasound pictures of your prostate. To reduce gas and stool in your rectum, follow the instructions below before your prostate ultrasound study appointment.

Before your prostate ultrasound study appointment

- Buy two rectal Fleet enema kits from any pharmacy.
- Plan to have someone drive you to and from this appointment.

You need to reduce gas in your digestive system 48 hours before your prostate ultrasound study appointment. The information below tells you how to do this. Continue to eat what you normally eat. It is important to have fiber in your diet.

To help reduce gas, you should:

- Eat slowly.
- Have loose fitting dentures re-fitted.
- Eat less raw vegetables (foods that need lots of chewing can cause you to have more gas).

Do not:

- Eat or drink dried peas, broccoli, cauliflower, melon, chives, soft drinks, alcohol, beans, brussel sprouts, turnip, cucumber, pickles, beer, fried foods, peppers, cabbage, eggs, onions, or sauerkraut.
- Talk while you are eating or eat when you are upset.
- Drink with a straw or drink directly from a bottle.
- Smoke or chew tobacco.
- Chew gum or suck on candies.
- Drink carbonated (fizzy) drinks.
- Eat sorbitol and fructose (found in manufactured sugar-free foods).
- Drink hot beverages (let your drinks cool to lukewarm).

If you have too much gas (such as bloating, abdominal pain) you can buy an over the counter medication that will help to reduce it. Ask your pharmacist for a medication to help you. If you have questions or concerns about your appetite or diet, ask any member of your healthcare team to refer you to a dietitian.

The night before your prostate ultrasound study

- Give yourself 1 fleet enema.

How to give yourself a fleet enema

1. Lie on your left side. Put your right leg over your left leg.
2. Remove the protective shield from the enema tip before inserting.
3. Gently insert the enema tip into your rectum with a slight side-to-side movement.
4. Do not force the enema tip into the rectum. This can cause injury.
5. Squeeze the bottle until most of the liquid is gone. The bottle may not be empty.
6. Remove the tip from your rectum.
7. Hold this position until the urge to have a bowel movement is strong. This will take about 2 to 5 minutes.
8. Wash your hands when you are done.

On the day of your prostate ultrasound study

- Eat a light breakfast (example: tea or coffee and toast).
- Drink fluids after you have your breakfast.
- Give yourself one fleet enema 1 to 2 hours before your appointment.
- Bring your medications (except vitamins) with you to the appointment.

What to expect the day of your prostate ultrasound study

On the day of your prostate ultrasound study, check in at a computer on the B1 level of the cancer centre. The prostate ultrasound study is done in the radiation therapy department. A nurse and/or radiation therapist explains what will happen and makes sure you are prepared.

The radiation oncologist asks you about your medical history and does a physical exam. This includes a rectal exam and measurements of your prostate. The radiation oncologist uses an ultrasound probe inserted into your rectum to see and measure your prostate. You will lie on your back with your legs in stirrups for the ultrasound. No biopsy is done. Additional ultrasound pictures of your prostate may be taken to help plan your treatments.

After your prostate ultrasound study

Your radiation oncologist talks to you about the results of the prostate ultrasound study. If the HDR brachytherapy prostate procedure is a good treatment choice for you, your radiation oncologist explains it to you. If an HDR brachytherapy prostate procedure is not a good treatment choice for you, your radiation oncologist tells you about other treatments.

If you have a problem or concern about a symptom or side effect from your cancer treatment:

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 5 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

Talk to a nurse using one of these options:

- Call the after-hours telephone line at 1-877-681-3057.
- Request a video call by going to www.carechart.ca.
- Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Call 911 or go to the emergency department at the hospital closest to you for a medical emergency.

Talk to a member of your healthcare team if you have questions or do not understand any information in this handout. For more information on radiation treatment, see the Canadian Cancer Society's booklet on Radiation Treatment: A Guide for People with Cancer. Go to the Canadian Cancer Society's website at cancer.ca and search for the name of the booklet.

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