

After surgery care

Expect:

- Some blood in bowel action – settles within a day usually
- Some blood in the urine – may take up to a week to settle
- Some blood in the semen – may take up to a month to settle

What to do:

- **Drink plenty of fluid**
- You can exercise and do most normal activities

Avoid:

- Working/strenuous activity for 24 hours

Inform Dr Elmes' rooms if:

- Unable to urinate
- Heavy continuous bleeding +/- clots
- Fevers/unwell (**Go immediately to hospital Emergency department**)



DR MARTIN ELMES

With over 10 years of expertise in the field of Urology, Dr Elmes provides a full range of high quality urological services for patients needs with the use of advanced techniques and cutting edge equipment to perform procedures. Dr Elmes is highly qualified in the field of urology having completed extensive surgical training throughout Melbourne and Sydney.

His main interests in the field include minimally invasive Robotic prostate & kidney surgery, BPH treatments (Advanced laser prostate enucleation (HoLEP) & UroLift) and Erectile Dysfunction (needle-free intracavernosal injections and penile prosthesis surgery). Dr Elmes is dedicated to teaching and training today's medical students, junior doctors and surgeons to ensure there is continuous development in the field of Urology.

Please visit our website or call us on (07) 5598 0098 for more information about what is best suited for you.

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PROCEDURE

DATE:

PROCEDURE

LOCATION:

TIME TO BE ADVISED BY ROOMS THE WEEK
PRIOR TO PROCEDURE DATE

A PATIENT GUIDE TO COMPUTER TARGETED PROSTATE BIOPSY



UROLOGICAL SURGEON
DR MARTIN ELMES

MBBS (MELB), FRACS (UROL. SYD)
ROBOTIC & LAPAROSCOPIC UROLOGICAL SURGEON

What is a Computer targeted Prostate Biopsy?

Ultrasound guided prostate biopsy is a 20-minute day procedure that uses ultrasound to create a video image of the prostate gland. This image, along with prostate examination and your MRI enables Dr Elmes to target his biopsies precisely and maximise prostate cancer detection if present.

The biopsies of your prostate can be taken either across the skin, **Transperineal prostate biopsy** or via the rectum, **TRUS prostate biopsy**. There is a significant risk of severe life threatening infection with transrectal biopsies and as a result Dr Elmes only performs Transperineal prostate biopsies.

Dr Elmes will give you perioperative antibiotics to reduce the risk of infection. **You must take these as prescribed and you must alert Dr Elmes and return to hospital if you become unwell after the procedure.**

The results of your biopsy are ready to discuss with Dr Elmes usually within **48hrs**.

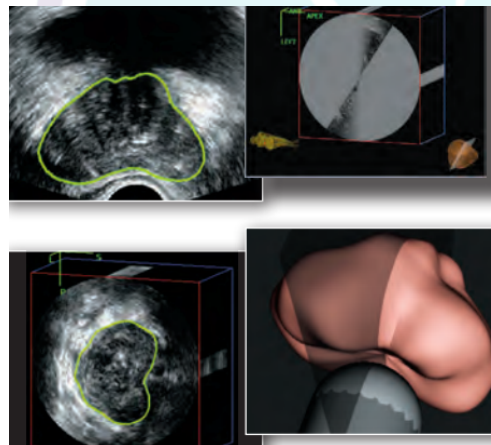
The Artemis Device - Targeted Prostate Biopsy

Dr Elmes continues to be at the forefront of urological surgery and has acquired an extremely accurate computer targeting biopsy machine, which allows more precise biopsying of possible prostate cancer. It is known as the Artemis. The Artemis is a device that allows biopsy site tracking with 3D ultrasound image and full colour model and fusion of real-time ultrasound with MRI.

Artemis semi-automatically computes gland volume and boundaries. This enhances tissue structure visualization for improved planning and guidance.

Artemis provides several imaging enhancements to standard 2D ultrasound:

- Greatly increases the ability to examine the prostate for abnormalities or suspicious areas which may need sampling
- Advanced needle navigation and tracking
- Sophisticated recording of actual biopsy sites sampled; sites can be revisited at any time
- View and overlay previous prostate gland volumes and biopsy locations



Artemis 3D image display

About the procedure

Transperineal:

Using an ultrasound probe in your back passage, Dr Elmes takes samples of the prostate through the perineum (skin). This technique completely removes the risk of potentially life threatening infections that are quite common with older style biopsy techniques (Transrectal).

