

## How to Prepare

### *For a transrectal ultrasound (TRUS) scan*

*This handout gives instructions to follow before having a transrectal ultrasound scan of your prostate.*

### How the Scan Works

Ultrasound uses sound waves to create images of your internal organs. Ultrasound does not use X-rays. It can be safely repeated if needed.

A *transrectal ultrasound (TRUS)* of your prostate will let your health care provider see the size and position of your prostate. It will show if you have inflammation, stones, or tumors in your prostate, seminal vesicles, or ejaculatory ducts.

### How to Prepare

- Before your procedure, you will need to buy **1 Fleet enema**. You can buy this without a prescription at a drugstore.
- Use this enema **1 hour** before your scheduled appointment. Follow the directions on the box.
- If you live more than 1 hour away from the hospital, you may arrive 1 hour before your scheduled appointment and use one of our restrooms to use the Fleet enema.

### What to Expect

- During the ultrasound, you will lie on your side on an exam table.
- A small ultrasound probe will be gently inserted into your rectum. The probe is the size and shape of an index finger, and is covered with a rubber shield. It will feel a lot like a rectal examination.
- The probe will send images to a monitor in the exam room.
- Your doctor will review these images.



*The ultrasound probe will send images of your prostate to a monitor for your doctor to review.*

### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Men's Health Center:  
206-598-6358