

## WHAT TO EXPECT POST YOUR PROCEDURE?

### Expect:

- Some blood in bowel action – rare
- Some blood in the urine – may take up to 2 weeks to settle
- Some blood in the semen – may take up 2 months to settle
- Some worsening of waterworks which settles within 2 weeks

### What to do:

- Drink plenty of fluid

### Avoid:

- Working/strenuous activity for 24 hours

### Inform Dr Elmes' rooms if:

- You are unable to urinate (urinary retention) then contact our rooms, or if our rooms are unattended admit yourself to the John Flynn Hospital emergency.
- Your urine becomes a red, thick strawberry jam consistency (i.e. heavy continuous bleeding +/- clots)
- Fevers/unwell
- You may be otherwise concerned



**DR MARTIN ELMES**  
HIGH QUALITY,  
PERSONALISED AND  
PATIENT-FOCUSED  
UROLOGICAL CARE

With over 15 years of expertise in the field of Urology, Dr Elmes provides a full range of high quality Urological services for patients 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:**

**PSA Surveillance & Management**

**Minimally invasive Robotic Prostate & Kidney surgery**

**Advanced BPH treatments**

Laser prostate enucleation (HoLEP)  
Rezüm water vapour steam therapy  
UroLift (Internal Sutures)

**Kidney Stones**

**Penile Prosthesis Post Robotic Prostatectomy  
Rehabilitation**  
(no-touch technique)

Visit our website or call us on (07) 5575 7922 for more information about our urological services.

**Office Location**

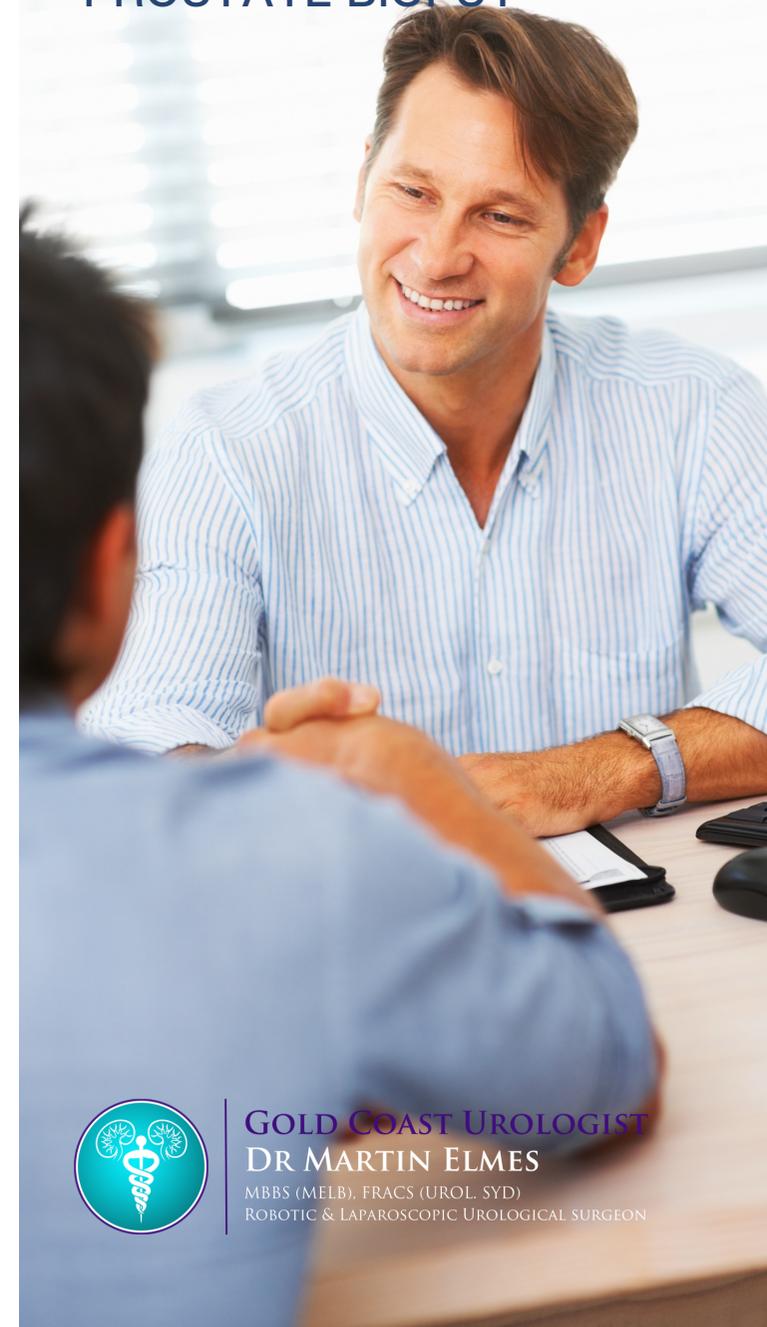
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## A PATIENT GUIDE TO COMPUTER TARGETED PROSTATE BIOPSY



**GOLD COAST UROLOGIST**  
**DR MARTIN ELMES**  
MBBS (MELB), FRACS (UROL, SYD)  
ROBOTIC & LAPAROSCOPIC UROLOGICAL SURGEON

## WHAT IS A COMPUTER TARGETED PROSTATE BIOPSY?

Computer Targeted MRI/Ultrasound fusion prostate biopsy is a 30-minute day procedure that uses ultrasound to create a video image of the prostate gland. This image along with your pre-operative MRI/US fusion are fused together with the computer system. This 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.**

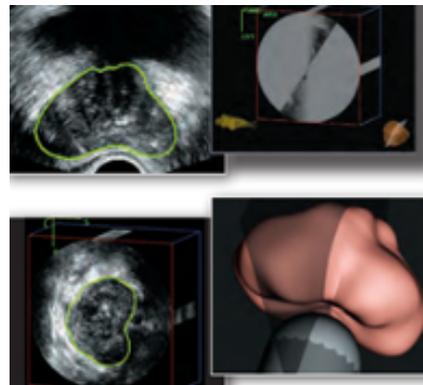
## THE ARTEMIS DEVICE - TARGETED PROSTATE BIOPSY?

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:

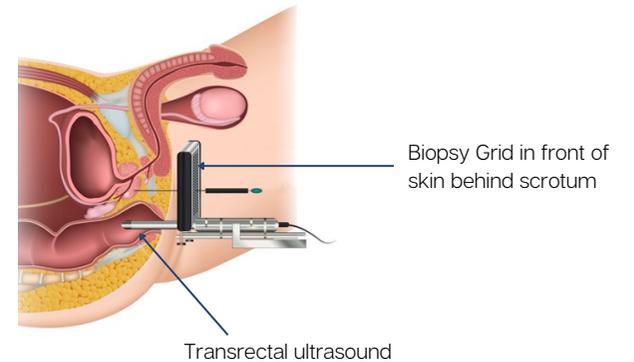
- Greatly increases the ability to examine the prostate for abnormalities or suspicious areas which may need sampling
- Advanced needle navigation and tracking
- Sophisticated recording of actual biopsy sites sampled; sites can be revisited at any time
- View and overlay previous prostate gland volumes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



Artemis 3D image display

## ABOUT THE PROCEDURE

Whilst under general anaesthetic Dr Elmes takes samples of the prostate through the perineum (skin) guided by the Artemis system. This technique completely removes the risk of potentially life threatening infections that are quite common with older style biopsy techniques (Transrectal).



## BEFORE SURGERY

Dr Elmes rooms or the Hospital will instruct you a week before your surgery with information regarding Hospital admission times, fasting instructions, medications to cease or continue. You will also be provided information about pathology tests that may need to be done before your procedure.