

PROSTATE BIOPSY INSTRUCTIONS

- You will receive a prescription for antibiotics to be taken starting prior to biopsy
 - Though the antibiotics may be tailored to your particular case, in general you will take your first dose of antibiotics 2 hours prior to your scheduled biopsy procedure. For example, if you have an 8:00 a.m. biopsy appointment, take the first pills at approximately 6:00 a.m.
 - In most cases you will take the second dose of antibiotics 12 hours after you took the first pill.
- ***If you take ANY course of antibiotics from now until your biopsy date, please notify us right away.***
- You will administer a Fleets Enema 2-3 hours before your biopsy. This can be obtained over the counter. If you are travelling for your biopsy, you may take this enema the evening before the day of the biopsy.
- ***DO NOT TAKE ASPIRIN, PLAVIX, ARTHRITIS MEDICATION, MOTRIN OR BLOOD THINNER MEDICATIONS (e.g., warfarin, Coumadin) UNLESS INSTRUCTED TO REMAIN ON THEM BY YOUR PHYSICIAN. PLEASE SEE ENCLOSED RESTRICTED MEDICATION LIST. PLEASE TAKE TYLENOL IF YOU REQUIRE PAIN MEDICINE.***
 - Please continue to take other regularly scheduled medications.
 - If you are taking a daily dose of aspirin, discontinue 1 week prior to the biopsy.
 - If a physician has prescribed the aspirin or blood thinning medications:
 1. Notify the Urologist at least 2 weeks prior to scheduled procedure.
 2. Check with your prescribing provider to be sure it is safe to discontinue the medication for 1 week before your scheduled biopsy.
 - *Your biopsy may be cancelled if you take any pain medication other than Tylenol.*
- There are no diet restrictions:
 - Eat breakfast or lunch before coming to the office.
 - Drink plenty of fluids, coffee, juices, or water.
 - Do not urinate just before the procedure – the bladder should be partially full.
- The biopsy procedure will take approximately 15-30 minutes.

Appointment Information

Date: _____

Procedure Time: _____

Arrive at: _____

Physician: _____

If you cannot keep this appointment, please call. Thank you.

PROSTATE BIOPSY PROCEDURE DESCRIPTION

Prior to your arrival at the urology office, the prescribed antibiotic should have been taken approximately two hours prior to the scheduled procedure appointment time and the Fleets Enema should have been taken. Please contact your physician's office beforehand if you have any questions regarding the preparation for or performance of the prostate biopsy.

Upon arrival to the Urology office you will be asked whether you had completed the instructions for preparation. Please do not urinate prior to the biopsy. The procedure is best performed with a partially full bladder. You may have normal meals (breakfast and lunch) before biopsy.

Your blood pressure, pulse, and temperature will be obtained by the nursing staff before or after the procedure. The biopsy is performed with you lying down on your left side with your knees drawn up to your chest.

For the next step, your physician will insert an ultrasound transducer in order to visualize the prostate and measure the prostate size. The ultrasound transducer is just slightly larger than a finger and well lubricated. The provider will then numb the prostate using lidocaine. A special spring-loaded instrument is then inserted through a guide on the ultrasound transducer and activated multiple times under ultrasound guidance to obtain tiny cores of prostate tissue. You will hear a loud popping sound each time the instrument is activated and may feel a pinch. Typically, patient experience no, or a low to modest level of discomfort. The number of biopsy samples obtained is usually twelve. However, more or less samples may be taken based upon your specific clinical situation.

After the biopsy has been completed the physician may apply pressure to the rectum for a moment. You will be allowed to stretch out and rest for a few minutes. Afterwards you will be asked to wash up, get dressed and void into several specimen cups.

CHECKLIST for THE DAY of the BIOPSY PROCEDURE

- Read all of the prostate biopsy instructions
- Took your prescribed antibiotic
- Administered your Fleets Enema
- Stopped taking all aspirin, aspirin-like products, blood thinners

The following is a partial list of prescription and over the counter medications that may contain aspirin, non-steroidal anti-inflammatory and blood-thinning (anticoagulant) ingredients. *These medications should be stopped 7 days prior to your procedure or surgery.* Please consult your healthcare provider if you have any questions.

Actron	Easprin	Pepto-Bismal
Advil	Ecotrin	Percodan
Aggrenox	Excedrin	Pirophen
Aleve	Effient	Piroxicam
Alka Seltzer	Empirin	Plavix
Anacin	Etoricoxib	Ponstel
Arthritis Pain Tabs	Equagesic	Prasugrel
Ascriptin	APC Tabs	Propoxyphene Comp.
Aspercin	Feldene	Relafen
Aspergum	Fiorinal	Robaxisal
Aspirtab	Genacote	Rufen
Aspro	Goody's Headache	Sine-off
Axtal	Powder	Solprin
Aspirin	Halfrin	Soma Compound
Bayer Aspirin	Indocin	Stanback Powder
BC Powder	Ibuprofen	Sulindac
Buffasol	Kaopectate	Supac
Bufferin	Ketorolac	Synalgaos-DC Caps
Buffinol	Lodine	Talwin
Butalbitol	Lovenox	Tanderil
Butazolidine	Meclomen	Ticlopidine
Cardeprin	Midol	TORadol
Celebrex	Mobic	Tolectin
Celecoxib	Motrin	Tolmentin
Clinoril	Nalfon	Trigesic
Clopidogrel	Naprosyn	Vanquish
Coumadin	Naproxen	Vicoprofen
Darvon Compound	Nuprin	Voltaren
Dispirin	NORgesic	Warfarin
Doane's Pills	PAC Tabs	YSP
Dristan	Pamprin	Zorprin

AFTER YOUR PROSTATE BIOPSY

- Your urine may be tinged with blood and/or you may pass a few blood clots during urination. The bleeding will usually subside the same day or the next morning. You may also have blood in your stool and semen.
- Force fluids the rest of the day in order to dilute your urine to prevent the formation of blood clots in the urine.
- If you feel that your bladder is very full and that you are unable to pass urine, call the office immediately.
- Abstain from alcoholic beverages for 24 hours after the biopsy.
- Resume any medications prescribed by your physician except blood thinning medications (like Coumadin). These medications should be approved by your Urologist. You may resume aspirin 3-7 days after the biopsy if you do not see blood in your urine. Otherwise, wait until urine is clear (call if you have problems).
- If you have persistent blood in the urine for more than 5 days or if you develop fever and/or chills, you should call the office immediately.
- No heavy lifting or straining for 5 days after the biopsy.
- If you have not been informed of your results from the biopsy within 1-2 weeks, call your physician's office.