

Prostate Biopsy Instructions

ULTRASOUND-GUIDED PROSTATE BIOPSY

Transrectal ultrasound (TRUS) is a test that provides an image of the prostate gland, demonstrating its size and the presence of any abnormal condition within the prostate, like BPH (benign prostatic hypertrophy) or prostate cancer. The test is simple and safe to perform. As you lie on your left side, the sonographer or physician will insert and squeeze a tube of lidocaine gel (anesthetic) into the rectum. Local anesthetic is administered around the prostate. Then a small probe, the size and shape of an index finger, covered with a rubber shield, is gently inserted into the rectum. You will experience a sensation similar to that felt at the time of a rectal examination. Together with the TRUS examination, your doctor may also have scheduled a prostate biopsy to be performed during this session. Thin cores of prostate tissue are removed using a spring-loaded biopsy instrument that is passed through the ultrasound probe. The ultrasound is used to monitor introduction of the needle into the designated areas of the prostate. No general anesthesia is necessary for this procedure, since the needle is so thin and the rectal wall is not very sensitive to pain. You may feel some pressure, however, or experience a sensation in the prostate as the doctor performs the biopsies.

SPECIAL PREPARATION: Special preparation is required for this procedure.

1. Oral antibiotics Cipro 500mg (once a day) ·
Take one tablet the day prior to the exam.
Take one tablet the morning of the exam.
Take one tablet the day after the exam
2. Fleet's enema to be taken upon rising, the morning of the procedure.
You may eat and drink normally the day of the biopsy.
3. Urine sample day of biopsy.

AFTER THE PROCEDURE: You can leave immediately after the procedure. You will be asked to avoid heavy exercise or pressure on the prostate (horseback or motorcycle riding) for 3-5 days. You may notice some blood in your urine, stools, or semen for a several days. In addition you may experience a dark or bloody color to the semen for a few months. Antibiotics are prescribed for 2-3 days following the procedure. **PLEASE** take all of them, even if you have no symptoms. If you have a temperature over 100⁰ F, chills, or a great deal of blood with or without blood clots in your urine or stools, it is important that you notify us by calling our office at (610) 402-6986 promptly or come to the emergency at Lehigh Valley Hospital or to your local emergency room.

BIOPSY RESULTS: Biopsy results are usually available after 5-7 days. You may schedule a follow up visit for the week following the exam or request that the nurse will call you with the results. If you have any questions, you may call her at (610) 402-6986.

CONTRADICTIONS: Patients taking ANTICOAGULATANTS (blood thinners) like Coumadin (warfarin) or Heparin must stop taking those medications before the biopsy to allow the blood to return to normal clotting time. We also recommend stopping mild blood-thinning medications like aspirin, ibuprofen, or anti-inflammatory drugs 7-10 days before the biopsy. Please check with your physician (who prescribed the medication) to get his advice on stopping these medications if you are taking any of these, or if you have any questions. We will coordinate your withdrawal of these medications with your physician to ensure that it is safe to do so. Please notify us if you cannot stop these medications.

WHERE AND WHEN: The test is performed in the physician's office at the 1250 Building.

Your test is scheduled on: At: am/pm.

REMEMBER: Take antibiotics as prescribed. Take a Fleet's enema upon rising on the morning of the biopsy exam. Please notify us promptly if you are unable to keep your appointment.