

*Patient Instructions*

## **Prostate Ultrasound and Biopsy**

*The basic information presented here was developed by clinicians. It may differ to some extent from your particular situation. This information is intended to be used only in conjunction with professional guidance from healthcare providers.*

### **Description of Procedure:**

During a *transrectal* ultrasound and biopsy of the prostate, the doctor removes a small samples of the prostate with a needle. Ultrasound is used to take pictures of the prostate and to pinpoint the correct location of the biopsies. These samples will be tested to see if there are any cancer cells present.

Your **prostate biopsy** is scheduled for: \_\_\_\_\_

at: \_\_\_\_\_ AM / PM      Location: \_\_\_\_\_

The biopsy itself takes only 20-30 minutes, however allow for additional time before and after the procedure.

- ⊙ **Do not eat before your procedure, however you may have clear liquids until after the procedure.**
- ⊙ **You should take your regular medications as usual unless told not to. Do not take any aspirin containing products or Ibuprofen (Advil/Motrin), or Naprosyn or similar medications.**
- ⊙ Please tell the doctor or nurse about allergies and all the medications you are taking, especially if you use warfarin (Coumadin), ibuprofen (Advil, Motrin), or products that contain aspirin or are blood thinners.
- ⊙ You may drive yourself home *unless* you require any sedative medication that limits your ability to operate a motor vehicle. Please make transportation arrangements beforehand.

### **Risks and Side Effects of Prostate Biopsy**

The primary risks are excessive bleeding and infection although the chances of these occurring are very low. You may have some mild pain from the procedure. Pain is easily managed by using Tylenol®, or your doctor may order other pain medications. You may also see some blood in your urine, semen or stool for a few days to a few weeks after the procedure. Your doctor should discuss any other risk factors or side effects that you may experience.

### **How to Prepare for the Biopsy**

#### *Before the procedure*

To prevent or reduce the possibility of infection or excessive bleeding during or after the procedure, it is **essential** to do the following:

1. Stop taking aspirin, ibuprofen, and/or any herbal preparations **seven** days before your procedure. If you are taking any anticoagulants or blood thinners (i.e. coumadin, warfarin) it is very important that you notify your doctor. You may be told to stop taking these as well.
2. You will be given a prescription for an oral antibiotics to prevent infection. Start the antibiotic before your procedure and continue as directed by your physician. **If you do not receive this prescription before your scheduled procedure please contact your doctor.**
3. Eat a light breakfast, lunch and dinner the day before your procedure. After that you may drink only **clear liquids** (water, clear juices, coffee or tea without creamer) until after the procedure.
4. You will need to purchase **two** sodium phosphates enemas (i.e. Fleets® enema). You can buy them at any pharmacy without a prescription. Use one enema the evening before your procedure (after dinner), and the other enema on the morning of your procedure. Use as directed on the box.

#### *The day of the procedure*

1. Take your antibiotic as directed to prevent infection.
2. Use the second Fleets enema, as directed on the box.
3. Take your regular medications as usual, **except** for any anticoagulants, blood thinners or aspirin.
4. You may have only clear liquids until after the procedure.

#### **After the Procedure:**

1. Resume your regular diet.
2. You may drive yourself home unless you received sedative medications that limit your ability to operate a motor vehicle. Please make arrangements for transportation beforehand.
3. You may resume your daily activities, however avoid any strenuous activities for three days following your procedure i.e. running, bicycling, heavy lifting.
4. Continue your antibiotics as directed to prevent infection.
5. Drink plenty of fluids following your procedure (six to eight glasses a day).
6. Ask your doctor when to resume taking your aspirin or blood thinners, if you were taking these before the procedure.
7. Your doctor or nurse may give you additional instructions.

#### **Test Results**

The sample obtained during the biopsy will be sent to a pathologist for analysis. The results are then sent to your doctor. This usually takes three to five working days. If you do not hear from your physician within a reasonable time, please call your physician.

#### **After your biopsy you may notice the following:**

1. Slight blood streaking of stools. You may even pass a blood clot out the rectum before your first bowel movement.
2. Small amounts of blood in your urine.
3. Small blood clots with initial urination for several days.
4. Blood in your ejaculate (semen) for up to 6 weeks. (Pink/Red to light brown-tinged)

*These occurrences are normal and in most cases will resolve within a few days but in some cases may take up to six weeks to resolve completely. If these symptoms persist, notify your doctor.*

**Contact a Healthcare professional or Urgent Care right away if you experience any of the following:**

- Prolonged, increasing, or severe pain at the site of the procedure.
- Excessive bleeding when you urinate or have a bowel movement.
- Unusual drainage from the rectum or urethra.
- Abdominal pain, nausea or vomiting.
- Temperature of more than 100<sup>0</sup> F.
- Difficulty or stoppage of urination with abdominal discomfort.
- Chills, weakness, flushing, lethargy (feeling abnormally drowsy and sluggish).
- Have any other problems or questions about your care.

**If you have a life-threatening emergency call 911 or go to the nearest emergency room immediately!**

A life-threatening emergency can be any of the following:

- Chest pain
- Difficulty breathing
- Severe or uncontrolled bleeding
- Signs of shock (rapid weak pulse; cold pale clammy skin; confusion; rapid breathing)
- Loss of consciousness
- Any other situation that may lead to serious injury or death