

## PROSTATE BIOPSY INSTRUCTION SHEET

### BEFORE YOUR BIOPSY...

1. No aspirin for seven (7) days before your biopsy. No Coumadin (blood thinner) for four (4) to five (5) days before your biopsy.
2. Take a strong antibiotic (Cipro, Levaquin, Tequin) the day before and the day of your prostate biopsy.
3. Take a Fleets enema the night before the biopsy to ensure that the lower bowel is empty and “clean.”

### DURING YOUR BIOPSY PROCEDURE...

1. You will lie on your left side during the procedure and the doctor will use a “transrectal” ultrasound probe (slightly larger than a man’s thumb) to insert into the rectum and take multiple pictures of the prostate. This process takes between 60 and 90 seconds only. Prostate volume measurements and anatomy will be determined.
2. Based on the volume/size of your prostate, the doctor will perform a series of biopsies (anywhere from six to ten) in various portions of the prostate for “mapping.”
3. Many men do not even feel the prostate biopsy but they rather feel the probe used to perform the biopsy. It is important that you do not contract your sphincter muscle or “tighten” the rectum during the biopsy procedure.
4. If possible, urinate prior to leaving the office to make sure that the urine is grossly clear.

### AFTER YOUR PROCEDURE...

1. Drink plenty of fluid for the next three days.
2. You may see blood in the urine (usually at the start or the stop of the stream) or the stool (usually when you wipe). Occasionally men will have blood in the semen during ejaculation as well. These are usually very short-lived problems and may last up to five to seven days.
3. No strenuous or heavy physical activity for the next five (5) days. This includes bike riding, jogging, heavy lifting, or weight training. Normal regular everyday activities are completely fine and actually encouraged. The biopsy procedure should not limit your normal everyday activities. You may resume sexual activity two (2) days after the prostate biopsy.
4. **Notify your doctor immediately if:** Fever greater than 101, blood all the way through the urinary stream or the constant intense urge to urinate or urinary burning.
5. Make an appointment to see your doctor one week after the prostate biopsy to discuss the results and possible treatment plan.