

UANT Patient Instructions

Prostate Ultrasound and Biopsy

You have been scheduled for an ultrasound of your prostate and prostate biopsy. This is a relatively minor procedure usually performed in the office with local anesthesia.

Date of Procedure _____ Time _____ Doctor _____

DESCRIPTION OF PROCEDURE

The clinical assistant will ask you to undress and lay on the examining table with your left side down. The physician will perform a digital rectal exam to feel your prostate. Next, a slender ultrasound probe about the same width as the physician's finger will be gently guided into the rectum. Ultrasound uses harmless sound waves to give us pictures of the prostate and allows accurate guidance of the biopsy needle. Measurements of the prostate will then be taken.

Next, a small needle will be used to anesthetize the rectal wall and area around the prostate gland. You may feel a small stick and some pressure around the rectum. Finally, a spring loaded device is used to take several biopsy cores from multiple areas of the prostate. These biopsies are usually not painful. The assistant will ask you to lie on the table for a few minutes. The entire procedure lasts about 10 minutes.

PREPARATION FOR THE PROCEDURE

1. BLOOD THINNERS

a. Stop taking any medication that thins your blood for 7 days. This includes aspirin, baby aspirin, Plavix, Trental, Pletal, Coumadin and others. Unless otherwise directed by our office, you should contact the physician who prescribed your blood thinner for permission to stop the drug. If you need to stay on the blood thinners, notify your physician immediately as we may need to place you on a temporary medication.

b. If you take Coumadin or have undergone heart valve surgery, or ever been told that you need antibiotics when you visit a dentist notify us immediately.

2. DIET

a. You may eat and drink normally before the procedure. **WE DO RECOMMEND THAT YOU EAT A SNACK OR A MEAL PRIOR TO COMING TO THE CLINIC FOR THE BIOPSY.**

3. ANTIBIOTICS

a. IF YOU HAVE TAKEN **LEVAQUIN, CIPRO, CIPROFLOXACIN, OR PROQUIN** IN THE LAST 6 MONTHS PLEASE NOTIFY YOUR UROLOGIST. We will likely give you an injection one hour prior to the procedure.

b. IF YOU ARE ALLERGIC TO **LEVAQUIN, CIPRO, CIPROFLOXACIN, OR PROQUIN** PLEASE NOTIFY YOUR UROLOGIST.

c. You will be given a prescription for an antibiotic when your procedure is scheduled. Follow the printed instructions on the prescription exactly as they are written.

d. An oral antibiotic should be taken according to the instructions, usually about 2 hours prior to the procedure. **Routinely, only one antibiotic is required prior to the biopsy.**

e. **Sometimes we may prescribe an injection in the office instead of an oral antibiotic. If directed, please arrive at the office 1 hour prior to your biopsy for the injection.**

AFTER THE PROCEDURE

1. Drink plenty of fluids for the rest of the day

2. We recommend Tylenol or Ibuprofen every 6 to 8 hours after the procedure for the first 24 hours

3. Notify the office if you experience a fever higher than 101.5 or Flu-like symptoms

4. Blood in the urine, blood in the semen, and blood in the bowel movement are normal following the procedure. Blood in the urine may persist for several days; as long as there is no blockage to urination this is managed with increased fluid intake only. Blood in the bowels usually resolves in 3 days. Blood in the semen may last up to 2 months. This is not a harmful issue and should resolve spontaneously.

5. A follow-up appointment has been scheduled to review the results in about 1 week. By policy, we do not routinely give out biopsy results over the telephone.