

PROSTATE BIOPSY PATIENT INSTRUCTIONS

To prepare for the biopsy:

1. Stop taking aspirin, any aspirin-containing medications, Coumadin, and any other blood thinners (dipyridamole, persanthine, arthritic medications, etc.) as instructed prior to your biopsy appointment. You may take Tylenol prior to the biopsy
2. Please inform your doctor if you have a bleeding disorder, tendency to bruise, and/or tendency to bleed
3. Use a Fleets enema 2 hours prior to your appointment to evacuate your rectum of stool
4. Take the prescribed antibiotic tablet as instructed

The biopsy procedure:

A prostate biopsy is performed in our office as an outpatient procedure. The procedure involves inserting a smooth, well-lubricated ultrasound probe into the rectum. The probe is slightly larger than a finger and uses harmless sound waves to create a video image of your prostate. Using the video images as a guide, a needle is used to anesthetize the prostate with lidocaine and then guide a biopsy needle to collect 14-20 tissue samples from the prostate. The biopsy needle is small and automatically driven so that each biopsy takes only a fraction of a second. Most men have minimal-to-no discomfort after the lidocaine is used to numb the prostate. The entire procedure takes 15 minutes.

Risks: The main risks of a prostate biopsy include pain, blood in the urine, blood in the semen, rectal bleeding, and severe infection. Any one of these complications requiring further treatment occurs less than 1-4% of the time. Blood in the urine and/or stool often goes away within a few days. Blood in the semen may persist for several weeks to months. You should be able to resume normal activities the day after the biopsy.

After the biopsy: The biopsy results are typically available 1 week following the procedure. Please schedule an appointment 1 week after the biopsy to review the results. There exists the possibility of a false negative biopsy (meaning that prostate cancer is present but missed by the biopsy). Therefore, if your biopsy does not show cancer, there exists the possibility of a subsequent recommendation for further intervention. If you are diagnosed with prostate cancer, we will review treatment options in detail.