

# Prostate Ultrasound and Biopsy

## Instructions

Name: \_\_\_\_\_

Surgeon: \_\_\_\_\_

You have been scheduled for a prostate biopsy. Please follow the instructions below to prepare. If you have questions, please call the GU clinic at **716-845-3159**.

### A note about medications

- Tell your doctor if you have a history of bleeding problems or if you take medication to prevent blood clots such as warfarin/Coumadin®, clopidogrel/Plavix®, ibuprofen/Motrin®, aspirin, naproxen/Aleve®, or any others. They could increase your risk of bleeding after the procedure.
- Tell your doctor if you take any vitamins, herbal supplements, prescriptions, or over-the-counter medications. (You may have to stop some medications before the procedure.)

### One week before your procedure, stop taking

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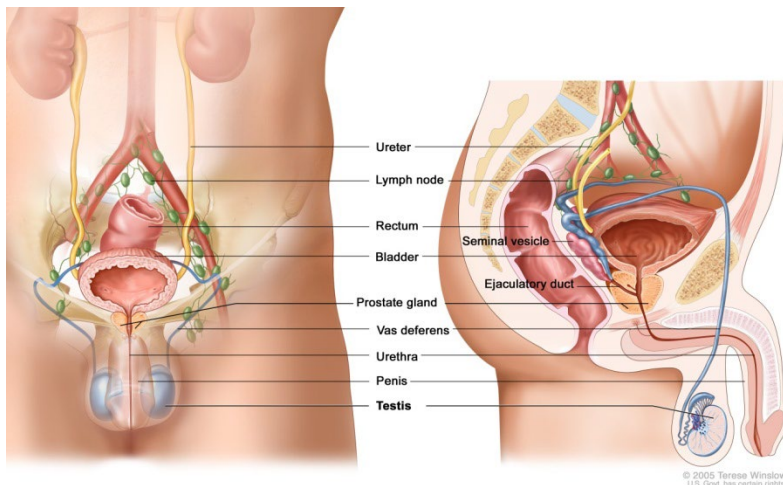
### How do I prepare for the procedure?

- Eat and drink normally.
- Take an enema at home the morning of your biopsy. You can buy one at your pharmacy.
- **You must have an adult with you to take or accompany you after your procedure.**
- Take any prescribed antibiotics as instructed to help prevent infection. You will take antibiotics twice a day for 2 days. **Take your first dose at least ½ hour before your procedure.** Your doctor will indicate on the chart below which medicine you will be taking. Use the boxes in the chart to mark off each dose as you take it.

✓	Medication	Dose/ mg	Day 1 Dose 1	Day 1 Dose 2	Day 2 Dose 3	Day 2 Dose 4
	Trimethoprim	100				
	Cipro	500				
	Cipro	250				

## About prostate ultrasound and biopsy

The prostate gland is part of the male reproductive system. It makes most of the semen (fluid that carries sperm). The prostate wraps around the top of the urethra, the tube that carries urine from the bladder out of the body.



## Why am I having this procedure?

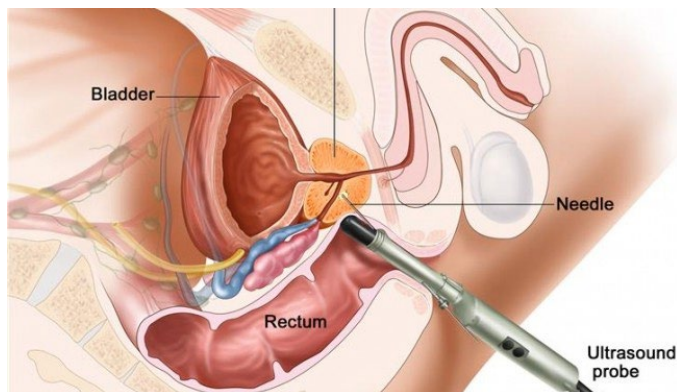
When cells in the prostate multiply too quickly or die off too slowly, a cancerous tumor may form. The tumor often forms first in the outer area of the prostate, near the rectum. Prostate cancer usually causes no symptoms. However, irregularities can be detected through screening. If these irregularities are found, more tests are done.

To help determine if you have prostate cancer, your doctor is doing a transrectal ultrasound (TRUS) and biopsy of the prostate.

During an ultrasound, high-frequency sound waves are bounced off the organs being examined. The echoes are sent to a computer that uses them to create images. Your doctor can see the images on a monitor.

## During the procedure

1. While lying on your side, a small ultrasound probe is inserted into your rectum. Sound waves are sent from the probe to a computer and images of your prostate show on the monitor.
2. A small needle is inserted through your rectum into the prostate. Using the ultrasound images as a guide, your doctor takes small tissue samples (biopsies) from your prostate.
3. The needle and probe are removed. The samples are sent to a lab to be tested.
4. The procedure takes about 10-20 minutes but with preparation and recovery time added, your clinic visit will last longer.



## After the procedure

- Continue to take antibiotics as instructed.
- You will be discharged after you are able to urinate.
- For a few days after the procedure, it is normal to have blood in your urine or some rectal bleeding.
- For several months after the procedure, it is normal to have blood in your semen.
- Avoid strenuous activities, such as exercise or sex, for a few days after your procedure. Talk to your doctor for more details.

## Are there any risks?

Complications are rare and include infection, bleeding and the inability to urinate. Of these, infection is the most common and why we give you antibiotics.

## How will I get my results?

We will schedule a follow up appointment approximately 2 weeks after the biopsy to discuss the results. Your doctor will let you know whether any further tests or treatments are needed. Even if the results of the biopsy are normal, you should return for prostate cancer screenings. Ask your doctor when and how often you should be screened.

**When should I call the doctor?**

Call the **GU Center: (716) 845-3159** if you have:

- fever over 100.4°F (38°C)
- heavy bleeding from your rectum or urethra
- muscle aches or excessive tiredness
- trouble urinating

**Notes**

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