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Prostate Biopsy and Instructions

Prostate biopsy is a relatively safe procedure that is usually performed on men who have either an elevated blood PSA level, abnormal prostate examination or both. This is done to rule out cancer of the prostate. It is usually performed under local anesthesia using an ultrasound probe which is inserted into the rectum.

Due to the nature of this procedure, patients may be at very small risk of developing infection or bleeding. Therefore it is important that patients follow very strict criteria prior to this procedure.

Patients may feel some minor discomfort after the procedure. Small amounts of blood in the urine or semen may also be present lasting on or off for three to five days after the procedure. However, extensive bleeding and passing of large blood clots is concerning and you do need to contact your doctor immediately. While blood in the semen may last for a longer period, it is usually self-limiting. Other rare but serious side effects of prostate biopsy are fever and chills. This is almost always a sign of acute infection and you must contact your doctor immediately. Such infections can occur anytime within a few hours after the biopsy to five to six days after the procedure.

Following the instructions below will help to significantly reduce the risks associated with the prostate biopsy procedure.

Preparing for Prostate Biopsy

- 1) Take your prescribed antibiotic pills everyday at 8AM starting one day before the appointment date of your prostate biopsy.
- 2) Please use FLEET ENEMA at home approximately one to two hours prior to your arrival at the office for biopsy.
- 3) DO NOT eat or drink anything about four hours before your biopsy appointment except for your medications which you may take with small sips of water in the morning.
- 4) If you are taking Aspirin, Plavix or any other blood thinning medications, please make sure to STOP taking all of these drugs at least one week prior your biopsy. You should consult with your cardiologist prior to stopping these medications.

- 5) You may resume taking both Aspirin and Plavix about three to four days AFTER your prostate biopsy, but only if you do not see any blood in your urine. For all other medications, you should speak to your physician for more specific instructions.

If you have any further questions, please feel free to call our office.