



PROSTATE BIOPSY INSTRUCTIONS

Urology Department
4th Floor, Medical Office Building
Kaiser Permanente Medical Center
1200 El Camino Real
South San Francisco, CA 94080

Before your biopsy

- You will need to purchase a Fleet Enema - Saline kit from the pharmacy or drug store.
- You will need to purchase a thermometer if you do not have one.

Stop taking aspirin or other aspirin like medication at least **10 days** prior to your procedure. Medications such as:

Advil, Aleve, Aspirin, Anaprox, Anacin, Ascriptin, Bufferin, Clinoril, Empirin, Ecotrin, Fiorinal, Garlic, Ginseng, Ginkgo, Ibuprofen, Indocin, Motrin, Naprosyn, Nuprin, Perodan, Plavix, Relafin. St. Joseph's Aspirin, and Vitamin E.

You may take your other medications as you normally do.

If you take Coumadin or other Blood thinners, you must contact the Anticoagulant Clinic or your primary care physician to determine when you should stop taking these medications prior to your biopsy.

The Day of your biopsy

- You will receive antibiotics; the first one given to you before your procedure. Take the remaining antibiotics every 12 hours until done. Please be sure to pick up your antibiotics from the Pharmacy.
- Use an enema 2 to 4 hours before your biopsy appointment; follow the directions provided with the product.
- You will need to check your temperature with a thermometer, three times a day, for the next 3 days starting today.
- **** If you have a temperature over 101 degrees or shaking chills regardless of your temperature, go immediately to the Emergency Department.**

Let Your Physician Know.....

- If you are on Coumadin or other blood thinners.
- If you did not remember to stop taking aspirin or aspirin-like products at least 10 days prior to your procedure.
- If you have artificial heart valves, mitral valve prolapse, artificial joints or prosthesis.
- If you have any questions or concerns about this procedure.

After your biopsy

- You will be given verbal and written instructions before you leave clinic.
- Drink plenty of fluids over the next 2 days; this flushes your system, and prevents blood clots and the possibility of a bladder infection.
- No heavy exertion, including jogging, weight lifting, or significant aerobic exercising for 7 days.
- Take antibiotics as prescribed.
- Resume your blood thinner and supplements when instructed by your physician.
- Call the clinic Monday through Friday 8:30 a.m. to 12:30 pm and 1:30 - 5 p.m. (650-742-2140) for any questions.
- Take your temperature 3 times in the first 24 hours after your procedure. Also take your temperature any time you feel flushed, chilled, or unusually tired.

Temperature: _____ date/time: _____

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Temperature: _____ date/time: _____

If you experience any of the following:

- Fever > 101F degrees
- Persistent urinary frequency / burning or difficulty emptying your bladder.
- Rectal bleeding that is heavy (blood clots or pure bloody stools) or persistent (lasts more than 7 days)

Go to the Emergency Department

What to expect

After a biopsy, it is normal to experience some symptoms:

- Mild rectal discomfort for 24 hours.
- Burning with urination – this is a normal sensation after a prostate biopsy and is usually present for the first 24 hours, and may last up to 3 days.
- Frequent Urination – this should gradually improve over the first 24 to 36 hours.
- Blood in Urine – It is normal to have slightly red tinged urine, but may last 12 hours to 3 weeks.
- Blood in Stool – This is usually noticed on toilet paper or there may be some bloody streaking of the stools. This may last up to 5 days.
- Blood in Semen – This may persist for up to 3 to 4 months after the prostate biopsy.