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.) 7 days 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. Please eat a hearty breakfast or lunch before you arrive for your biopsy;

4. Use a Fleet's enema 2 hours prior to your appointment to evacuate your rectum of stool;

5. Take the prescribed antibiotic tablet two hours prior to your biopsy. The antibiotic will be prescribed for you in the pharmacy of your choice.

6. Please come to your appointment with a moderately full bladder. You will be asked to leave a urine sample after your biopsy.

The biopsy procedure:
A prostate biopsy is performed in our clinic 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 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. After the biopsy procedure, you will be asked to leave a urine sample.

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, semen, and/or stool often goes away within a few days to a few weeks. You should be able to resume normal activities the day after the biopsy.

After the biopsy:
The biopsy results are typically available in 3-5 days following the procedure at which time your urologist will call you with the result. 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 a repeat biopsy.

If you are diagnosed with prostate cancer, you will have the opportunity to attend a comprehensive prostate cancer class to learn more about the diagnosis and treatment options.