



Prostate Ultrasound and Biopsy

PREPARATION INSTRUCTIONS

FOR: _____ MRN: _____

Your test is scheduled for: _____ at _____

Location: Kaiser Permanente San Jose Medical Center
280 Hospital Parkway, Building B

Please check in 30 minutes prior to your appointment time

Prostate ultrasound is a method of locating and diagnosing abnormalities of the prostate gland. It is performed by placing a "probe" about the diameter of a finger into the rectum and beaming sound waves into the prostate. The "echoes" are sorted out by a computer and projected on a screen, in a way very similar to submarine sonar or depth finders. While it is not yet accepted as a screening test, it can help your physician locate and measure any areas in the gland that feel abnormal. Using the images on the screen to aim a small needle, a biopsy can be precisely done.

The instructions that follow are designed to help prevent complications:

1. Have someone with you to drive you home.
2. Avoid any gas producing foods for 24 hours prior to the test. Examples of these foods are carbonated beverages, beans, cabbage, broccoli, beer, etc. **Fasting is NOT required.**
3. Plan to rest and relax for 72 hours after the biopsy. Your physician can provide a work release if you need it.
4. **Avoid taking any medicine containing aspirin for 7 days** (for example, Nuprin, Bayer, bufferin, ginkgo biloba, or other arthritis medicines, e.g., Naprosyn, Aleve, indomethacin) **or ibuprofen for 24 hours** (for example, Advil, Motrin) prior to the test. Be sure to tell your physician if you take any blood thinning medicine (for example, Plavix, Coumadin, warfarin, and Persantin) as you will need to stop taking this medication for 5 days prior to the test. Call the Coumadin Clinic at (408) 972-6412 to coordinate. If in doubt, call the Urology Department at (408) 972-6095. You may use Tylenol (acetaminophen) for aches and pains.
5. Go to pharmacy, pick up your antibiotic several days before your appointment, which you start two hours before your biopsy.
6. Obtain a **Fleet's saline enema** (not Phospho-soda) from the pharmacy and use it as directed about 2 hours before coming in for the test. This will eliminate fecal material from the rectum and make the pictures easier for your physician to read and helps to prevent infection.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand names; any similar products may be used. Herbs and supplements are sold over the counter. Kaiser Permanente carries only herb categories for which some evidence exists to show that the herbs may be effective to treat certain medical conditions.

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