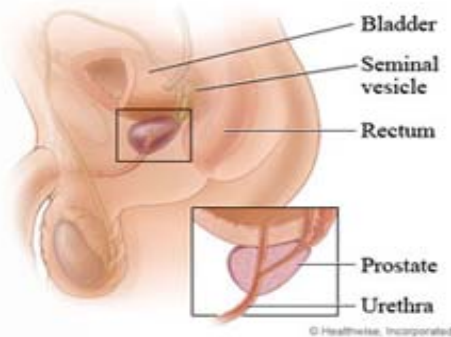




# Prostate Biopsy

## What is a Prostate Biopsy?

A transrectal prostate biopsy involves passing a needle into the prostate in order to remove small cores of tissue. The tissue samples will then be sent to the laboratory to be looked at under a microscope. In order to take the biopsy, a special ultrasound probe is passed into the rectum and the needle is passed through the scanning probe. The procedure will be performed in the Urology Clinic and does not require admission to the hospital. You can drive yourself to and from the appointment.



## Why have I been scheduled for a prostate biopsy?

You have been referred to a Urologist because of an abnormal blood test called Prostate Specific Antigen or PSA or an abnormal rectal exam. The Prostate biopsy will be done to rule out prostate cancer.

## How to prepare for the biopsy

*You should be off of any sort of blood thinners for 10 days prior to the appointment.* If you're taking Coumadin (Warfarin) or Plavix for any reason, contact your medical doctor to see when you should stop the medication. You should also call your medical doctor if you have a heart valve or prosthesis of any sort.

On the day of the examination, you may eat or drink as usual. *2-4 hours prior to your appointment, you should use a Fleet's Enema prep to cleanse the rectum of stool.* Tell your health care professional if you have allergies to any medications. After speaking with your Urologist, you will be taken to a specialized room in the Urology clinic where a physician will perform your procedure with the aid of a medical assistant.

The procedure consists of the insertion of a narrow cylindrical ultrasound probe into the rectum. This probe allows the physician to see the prostate and seminal vesicles on a monitor (TV screen). Ultrasound pictures will be obtained to determine the size and characteristics of the prostate. The biopsy portion of the procedure is performed with local anesthetic and is tolerated very well. This is done with lidocaine injected into the tissues surrounding the prostate with a very fine needle. Anywhere from 6 to 16 biopsies may be obtained depending on prostate size, abnormalities, and other factors. Each biopsy is obtained from a different area of the prostate so that all areas of the prostate gland are sampled. This is done because most prostate cancers look no different than normal tissue on the sonogram. Ultrasound alone does not determine whether there is prostate cancer or not. The entire procedure will take approximately 10 minutes. During the procedure, some discomfort may be noted at the time the local anesthetic is injected, and at the time of the biopsies. The discomfort of a prostate biopsy is usually fleeting and minor, though different men have different pain tolerances. After all biopsies are obtained, the probe will be removed. You will then be given a prescription for more doses of Cipro (Antibiotic) and will get a phone call in 7-10 days for your biopsy results.

## What can I expect after the biopsy?

After the biopsy, men should expect some blood in their urine, stool, or semen for up to 3-4 weeks. Although most men have it only a few days, it is not abnormal though for blood to be there several weeks later. It will help to clear the urine if you drink extra fluids for the first one or two days. Antibiotics are provided after the biopsy to prevent infection. Severe bleeding or serious infection are the biggest potential complications, but these are exceedingly rare. You should go to the Emergency Room if you develop a high fever (above 101.0 F).

You may also find that it may sting or irritate the urethra the first few times that you pass urine after the biopsy. Some men find it a little difficult to pass urine after the biopsy although it is very uncommon for the flow to stop altogether. If this happens you should go to the Emergency Room. Ask your Urologist about when you should resume your blood thinners and when you can resume strenuous physical activity including sexual activity.