

OREGON UROLOGY INSTITUTE

Better Options. Better Care.

Prostate Ultrasound and Biopsy Instructions for Patients

Prostate biopsies are done in the office or SurgiCenter and are used to diagnose significant prostate disease, usually to evaluate for the presence of prostate cancer. The most common reasons to perform a prostate biopsy are abnormal rectal exam and an elevated PSA blood test.

Your prostate biopsy is scheduled for _____.

You will need to have someone drive you home the day of the procedure.

Preparation:

1. **Stop taking Aspirin or any Blood Thinner (including any NSAIDS – non-steroidal anti-inflammatory medications like Aleve, Naprosyn, Ibuprofen and Advil) one week prior to your biopsy. If you are taking any of the following (Warfarin, Coumadin, Jantoven, Plavix, Trental, Heparin, Lovenox or Ticlid), please notify your doctor. If you are unsure if your medication acts to also thin your blood, please ask the nurse or call your physicians office.**
2. You have been given an antibiotic to take. You have been prescribed:
 - Levaquin 500 mg – Take one (1) the night before the biopsy, take one (1) the day of the biopsy and one (1) the day after the biopsy.
 - Cipro 500 mg. Take one (1) the morning before the biopsy, one (1) the night before the biopsy, one (1) the morning of the biopsy, then continue taking evening and morning until all six (6) pills are gone.
3. Fleets Enema
 - It is not necessary for you to use a Fleets Enema
 - Complete a Fleets Enema (rectal solution only) **two hours before** the exam. FLEETS can be bought over the counter at any pharmacy. **DO NOT TAKE AN ORAL LAXATIVE.**
4. You may be given an injection of an antibiotic before the exam.
5. **Please eat as you normally would prior to the exam.**

The Biopsy: The procedure is quite simple and takes about 20 minutes. First is the examination of the prostate with both a finger and the ultrasound probe. After viewing and measuring the prostate size, local anesthetic will be placed near the prostate with a small needle. The last portion of the procedure involves taking several biopsies of the prostate (6-10) with ultrasound guidance.

After the Biopsy:

1. Please go directly home. Take it easy and stay off your feet.
2. Drink 2-3 glasses of water.
3. If your urine is clear to pink in color, you may resume normal activities in 2 hours.
4. If your urine is bloody, continue to rest and drink extra fluids until your urine is pink.
5. **REMEMBER TO TAKE YOUR ANTIBIOTICS!!**
6. You may see blood off and on in your urine, semen or stool for several weeks. Don't worry, it generally clears up on its own without any treatment needed.
7. If you develop a fever or have difficulty urinating, please call us at any time.

We will contact you about your biopsy report generally within 10 days. Please call if you have not heard back in 2 weeks. You can reach us at (541) 334-3350 or toll free at 1-800-246-9925.