



### **What is a prostate biopsy?**

A prostate biopsy is an in-office procedure performed to evaluate prostate tissue and detect prostate cancer. It includes using an ultrasound as a guide to biopsy prostate tissue.

### **How do I prepare for the procedure?**

- Discuss any medications, especially blood thinners that you are currently taking.
- Pick up your antibiotic, and take it before arrival.
- Purchase a Fleets enema at the pharmacy to be used 1-2 hours before the procedure.
- No need to fast before the procedure
- Disclose any medications, allergies, medical or surgical history to the provider.

### **How is it performed?**

You will be given local anesthesia to numb the area. You also have the option to use nitrous oxide (laughing gas), which is extremely effective in relieving anxiety. The biopsy will be guided by an ultrasound device that is inserted into the rectum, allowing for visualization of the prostate. The provider then uses a small needle to obtain 12 samples from different areas of the prostate. This process takes about 10 minutes.

### **What do I do after the procedure?**

Our office will contact you the day after the procedure to see how you are doing and address any concerns or questions.

- Make a follow-up appointment for one week after the procedure to review the pathology results.
- Complete the prescribed antibiotic.
- Talk with your provider about the correct timing to restart your blood thinners.
- Hydrate
- Decrease or limit strenuous activity for 5-7 days.

### **What to expect after the procedure?**

- Blood in your urine may last 4-6 weeks
- Blood in your stool may last 1-2 weeks
- Blood in your semen may last 4-6 weeks
- Testicular, penile or rectal pain
- Irritation with voiding or frequent bowel movements

**What are the risks?**

- Infection
- Excessive bleeding
- Urinary retention

**When do I call the office?**

- Excessive pain
- Excessive bleeding or large blood clots
- Fever over 101 or chills
- Nausea or vomiting
- Difficulty urinating or inability to urinate
- Painful or frequent urination

If you have any questions or concerns, please contact our office between Monday-Thursday 8:30 AM-4:30 PM, Friday 8:30 AM- 1:00 PM. We are closed for lunch and do not answer the phones between 12:00 PM-1:30 PM. Office Number 512-451-7935