



Prostate Biopsy

What is a prostate biopsy?

A prostate biopsy is an elective, in office procedure performed to evaluate prostate tissue and help determine treatment if prostate cancer is found. It includes using an ultrasound as a guide to biopsy prostate tissue.

How do I prepare for the procedure?

1. If you take any blood thinners (including aspirin) this must be discussed with your provider.
2. Pick up and start the antibiotic that was prescribed.
3. Buy a Fleets enema at the pharmacy to be used 1-2 hours before the procedure.
4. You do not need to fast for the procedure.
5. Disclose any medications, allergies, medical or surgical history to the provider.

What do I do the day of the procedure before I come in? 1. Use the Fleet enema 1-2 hours before the procedure.

2. Continue your antibiotic.

How is it performed?

The procedure is performed in our office and takes less than 30 minutes. You will be awake, but the area will be anesthetized with lidocaine. 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 biopsies from different areas of the prostate.

The provider will go over the details of the procedure before it is performed and ensure your consent. The provider will also advise you of the instructions for post procedure care and follow-up.

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.

1. Make a follow-up appointment for 1 week after the procedure in order to review the pathology.
2. Complete the prescribed antibiotic.

3. Talk with your provider about the correct timing to restart your blood thinners.
4. Hydrate well with water.
5. Decrease or limit strenuous activity.

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
- Irritative voiding or bowel movements

What are the risks?

- Infection
- Excessive bleeding
- Urinary retention

How do I follow-up?

You are to follow up with the provider approximately 1 week after the biopsy to go over the results. We ask that all patients do this regardless of the results.

When do I call the office?

Please call the office if any of the following occur:

- Excessive pain
- Excessive bleeding or large blood clots
- Fever over 101 or chills
- Flu-like symptoms
- 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).