



WASHINGTON UROLOGY

PROSTATE BIOPSY INSTRUCTIONS

Prostate biopsy is often needed to rule-out the presence of prostate cancer. It is a procedure usually performed in the office under a local anesthetic. The procedure involves measuring the size of the prostate with an ultrasound probe placed into the rectum. The ultrasound image is then used to guide a needle several times in and out of the prostate gland to obtain biopsy samples. The entire procedure typically takes less than five minutes to complete and is generally accompanied by some discomfort or minor pain.

While a prostate biopsy is generally safe, there are some risks. The most common is to see blood in the urine, stool, and ejaculate. This usually resolves in a few days, but on rare occasions can go on for several weeks. The most serious and, fortunately, rare risk of a prostate biopsy is systemic infection or sepsis. This can occur despite the use of antibiotics around the time of the procedure. If you experience a temperature greater than 101.5 degrees or shaking chills after a biopsy, you should call the office immediately or proceed to the nearest emergency room. Management of this condition may require admission to the hospital for intravenous antibiotics and blood pressure support. While extremely rare, death has been reported from a prostate biopsy. Because of the risk of infection, you should do the following:

1. Antibiotic: Begin the prescribed antibiotic the day before, day of, and the day after the biopsy.
2. Fleet's enema: Please use the morning of the biopsy.

All blood thinners including aspirin, Motrin, Advil, coumadin, and ibuprofen should be terminated at least seven days before the biopsy is performed. They can be resumed three to five days after the biopsy. There is no contraindication to using Tylenol.

Patients are instructed to refrain from strenuous activity for 48 hours following the biopsy, but there are no limitations on diet or normal activities.

The results from the biopsy are usually available within the five business days.

Remember, please phone the office or proceed to the nearest emergency room for temperature greater than 101.5 or shaking chills.