

Prostate Biopsy Instructions

A prostate biopsy is performed to obtain samples of prostate tissue for microscopic examination by a pathologist. This is done to evaluate for presence of prostate cancer. The procedure can be performed using a local anesthetic or with sedation. Specific risks of the procedure will be discussed with you before the biopsy. Usually, twelve or more samples of prostate tissue will be taken and sent to the pathologist. The following instructions will prepare you for this procedure.

PLEASE NOTE: If your doctor ordered urine test before your biopsy, the results of these tests must be completed before the biopsy is performed.

1. Avoid blood thinners (unless prescribed by treating physician) before the biopsy – the physician will discuss when to stop taking these medications prior to biopsy and when to restart them. These drugs impair blood clotting and can prolong or increase bleeding after the biopsy. If you take Coumadin®, Plavix®, Xarelto, aspirin or other blood thinning agents on doctor's advice or treatment, you must contact the doctor who prescribed them before stopping them.
2. Antibiotics are required before prostate biopsy to prevent infection. Follow the directions written below by your doctor. Begin taking the antibiotic one day before your appointment. Remember to take the morning dose on the day of your biopsy. You must continue taking this antibiotic after the biopsy until the medication is completely finished. In some cases, additional antibiotics may be required before or after the biopsy. Your doctor will advise you in advance. Additionally, intramuscular or intravenous antibiotic may be administered in the office prior to procedure.
3. Give yourself a regular FLEET® enema per rectum several hours before your appointment. This can be purchased over the counter at any pharmacy. Follow the instructions on the package. This allows for better visualization during the procedure and will reduce the risk of infection.

4. *If you are scheduled for prostate biopsy **with sedation**:*

Do not drink or eat after midnight before the scheduled procedure. You may take your regular medications with a sip of water. Someone has to be with you at the time of discharge, you may not drive yourself after the procedure if you had sedation.

*If you are scheduled for prostate biopsy **without sedation** (local anesthesia only):*

Have a light meal and be well hydrated up to two hours before the biopsy. Patients who fast prior to the biopsy are more likely to have dizziness and nausea. You can resume normal light activities shortly after the procedure. Plan to avoid exercise or strenuous activity for several days after your biopsy.

Your biopsy tissue will be sent to a pathology laboratory for tissue diagnosis.

If you need to change your appointment or have any questions or problems with preparation, please call our office. You will be provided with post-biopsy instructions at the time of your procedure.