

## Frequently asked questions

- Q.** Can I resume regular activity after the biopsy?
- A.** We recommend resting and avoiding any strenuous activity for 24-48 hours after the biopsy.
- Q.** Do I need to fast?
- A.** No, we recommend eating as you normally do so that you do not feel dizzy or weak.
- Q.** Can I do a liquid bowel prep before my procedure instead of an enema?
- A.** You must do an enema about 2 hours before your procedure. You cannot do a liquid bowel prep. We cannot do the enema in our clinic, you must do it at home.
- Q.** If I live far away, can I administer the fleet enema earlier than 2 hours?
- A.** Yes, but it needs to be administered on the day of the biopsy. It cannot be done the night before. If you do administer the fleet enema early and plan to eat before your biopsy, make sure it is a light meal since the enema will be clearing out your system.
- Q.** What if I accidentally take a blood thinning medication within 7 days prior to the biopsy?
- A.** Contact your doctor's office and inform them of the medication and the dose. Your appointment may need to be rescheduled.
- Q.** How soon after the biopsy can I resume taking a blood thinning medication?
- A.** This will depend on the medication and dosage. Call your doctor's office to find out.
- Q.** When can I expect to know the results of the biopsy?
- A.** Results can take anywhere from 10-14 days to become available.
- Q.** Do I need a ride to the appointment?
- A.** Though it is not required, it is a good idea to have someone come with you to your biopsy.

## Notes



## Prostate biopsy

A procedure used to diagnose prostate cancer.

## Before your biopsy

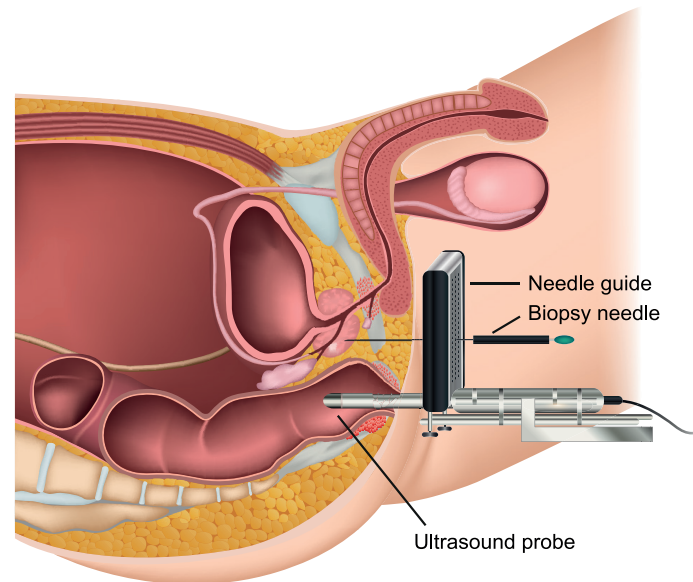
- Take your antibiotic **1-2 hours before** your appointment. We will call this into your local pharmacy.
- Administer a Fleet enema **2 hours before** your appointment. You can purchase this at any pharmacy.
- **Do not fast** – it is important to eat a **regular diet** before your procedure.
- Stop all blood-thinning medications **5-7 days** before the procedure.
- Stop taking all medication containing aspirin or ibuprofen **7 days before** the procedure.
- **Consult your doctor before stopping any medications.** See the full list of medications to avoid below:

Advil	Fiorinal
Alka-Seltzer	Fondaparinux
Aleve	Ginko Biloba
Anacin	Halfprin
Ansaid (Flurbiprofen)	Heparin
Arthritis Pain Formula	Indocin
Aspirin Compound	Indomethacin
Asclitin	Liquiprin
Aspergum	Lodene (Etodolac)
Bayer	Lovenox
Bextra	Midol
Buferin	Motrin
Butalbital	Naprosyn
Celebrex	Norgesic
Cilostazol	Novahistine
Clinoral (Sulindac)	Nuprin
Contact	Orudis (Ketoprofen)
Coricidin	Percodan
Coumadin	Plavix
Dalteparin	Pradaxa
Darvon Compound	Prasugrel
Desirudin	Roxiprin
Disalcid (Salsalate)	Savaysa
Doans Pills	Sine-Aid
Dolobid (difunisal)	Sine-off
Dristan	Soma Compound
Ecotrin	Toradol (Ketorolac)
Eloquis	Vioxx
Empirin	Voltaren (Diclofenac)
Excedrin	Xarelto
Fledene (Piroxicam)	Zorprin

## What to expect

A prostate biopsy consists of a rectal exam, an ultrasound and a procedure to remove small pieces of tissue which will be examined under a microscope. This procedure itself only takes 5 minutes.

You will be positioned on your side with your knees bent. Your doctor will use local anesthetic to numb the tissue that the needle will pass through. An ultrasound will be placed in the rectum to guide the biopsy needle. When the needle enters the prostate gland, you will feel pressure with a mild level of discomfort. It is usually well-tolerated by most patients. You may take Tylenol or Tylenol Extra Strength for pain after the biopsy.



**Prostate biopsy**

## After your biopsy

- Limit your activity for **24 hours after** your procedure.
- Drink at least 1 large glass of liquid per hour until bedtime **on the day of** your biopsy.
- Drink at least 2 quarts of liquid **on the day after** your biopsy.
- You may resume all medications **3 days after** your biopsy.

## Post procedure symptoms

These symptoms are **normal** after your procedure:

- Some swelling and minor pain in the scrotum for a few days.
- A small amount of bloody discharge from the incision

These symptoms are **abnormal**—please call the Urology clinic if you have any of the below symptoms:

- Increasing pain or swelling in the scrotum
- A large black-and-blue area, or a growing lump
- Fever of 100.5 F or greater or chills
- Increasing redness or drainage of the incision
- Trouble urinating