



PROSTATE ULTRASOUND AND BIOPSY INSTRUCTIONS

YOU HAVE BEEN SCHEDULED TO HAVE AN ULTRASOUND EXAMINATION OF YOUR PROSTATE GLAND ON

_____ **at** _____.

This examination will enable the doctor to produce images of your prostate gland. If an abnormal area of the prostate is identified, or if your previous blood test results or physical exam findings make it advisable, he will proceed immediately to a needle biopsy of the prostate. For the sake of time and convenience of the patient, the doctor would like the patient to be prepared to have the entire procedure done all on the same day. Therefore, please follow the enclosed instructions:

1. Please fill the prescription at the pharmacy of your choice and take both antibiotics two hours prior to your biopsy.
2. If you are taking Coumadin, aspirin products, ibuprofen products, or any other blood thinning medications, please stop those **5 days** prior to the scheduled appointment. (If you are unsure about any of your medication, please contact our office.)
3. Details of the biopsy will be explained to you by the doctor. If you have any questions he will be glad to answer them.



Adult and Pediatric Urology

BLOOD THINNERS

- **BLOOD THINNING MEDICATIONS SHOULD BE DISCONTINUED 5 DAYS BEFORE HAVING SURGERY**
- **BE SURE TO TALK WITH YOUR DOCTOR BEFORE RESUMING THESE MEDICATIONS OR IF YOU HAVE ANY QUESTIONS REGARDING YOUR CURRENT MEDICATIONS.**

ADVIL
ALEVE
ALKA SELTZER
ARIXTRA
ANAPROX
ASPIRIN
BEXTRA
CELEBREX
COUMADIN
FISH OIL
IBUPROFEN
MOTRIN
NAPROSYN
PLAVIX
TICLID
VIOXX
VITAMIN E
VOLTAREN



Pre-Procedure Guide: Prostate Biopsy

I. UNDERSTANDING PROSTATE BIOPSIES

Your prostate gland is located at the base of your urinary bladder. It is normally the size of a walnut and surrounds the tube (urethra) through which urine passes from your bladder to the outside of your body. The prostate produces the liquid that mixes with sperm to make semen.

I can examine your prostate in two ways. First, I can actually feel its rear surface during a rectal exam because it sits just in front of your rectum. Second, I can take a sample of your blood and send it to a lab where the amount of prostate-specific antigen (PSA) can be measured. Abnormalities found with these exams may indicate prostate cancer, non-cancerous (benign) tumors, infection, or even the normal effects of getting older. A biopsy is sometimes needed to determine the exact problem.

A biopsy enables me to obtain small bits of tissue from your prostate. The tissue will be sent to a pathology laboratory to be examined carefully under a microscope by a specialist physician (pathologist). The pathologist will send us a report that will tell us whether an abnormality is present, whether it is benign or cancerous (malignant), and, to some extent, how dangerous the problem appears to be. This information is essential in order for us to know if you need further treatment and, if so, what kind of treatment is likely to be most successful. We will discuss your unique clinical circumstances before the biopsy procedure to decide if a different approach should be considered.

II. PROCEDURE

A prostate biopsy can be done safely in my office. You will remain awake during the procedure.

Using ultrasound to help me place the needle accurately, I will insert a needle into your prostate through your rectum. I will then withdraw a small amount of prostate tissue through the needle. I may take samples of tissue from different parts of your prostate to create a “map” of the gland. The tissue samples will then be sent to a laboratory for diagnosis.

Though you may feel mild discomfort, it is unusual for men to complain of severe pain during the procedure.

I. AFTER YOUR PROSTATE BIOPSY

There are rarely any severe after effects from a prostate biopsy. You may feel mild discomfort at the site of the biopsy. It shouldn't last long and can be treated with your usual pain medication. Some men notice blood in their urine, semen, or stools after a prostate biopsy, although serious bleeding is rare. You should contact me if you develop an elevated temperature, severe pain, severe bleeding or the passage of blood clots, or other unexpected symptoms. There is usually no need to change your normal activities, but we will discuss this at the time of your biopsy.



After your biopsy continued

If for any reason you develop a fever, chills, sweats or severe pain within 36 hours after the procedure, this could indicate the presence of a serious infection and you should telephone your doctor : (406) 728-3366 or 1-800-370-3364.

Occasionally, a few drops of blood may be noticed in the urine, stool and/or semen after biopsy. This would not be considered abnormal unless it persists for several days after the procedure. Serious bleeding is rare. Blood or discoloration of the semen may persist for 2 to 4 weeks.

II. COMMONLY ASKED QUESTIONS

- Is it all right to have a bowel movement following my prostate biopsy? ***Yes. Having a bowel movement is not dangerous and should not be painful.***
- Will the prostate biopsy affect me sexually? ***No. There will be no after affects of the biopsy that will change your sexual ability or enjoyment. Your semen may contain some blood for a while, but this is not harmful to you or to your partner.***
- How can I have a prostate problem if I have no symptoms? ***Prostate problems often do not cause symptoms in their early stages. Treatment is far more likely to be successful during this “silent” stage, so it is important to make the diagnosis now.***
- When will the results of my biopsy be available? ***The pathologists will report their findings to my office within four or five business days.***