**You have been recommended to have a prostate biopsy. You will be asked to stop all blood thinner medications for 1 week prior to the biopsy. Example of blood thinner medications include:**

* Aspirin 325 mg (no need to stop ‘baby’ Aspirin 81 mg)
* Warfarin (Coumadin)
* Ibuprofen (Aleve, Motrin, Advil)
* Dabigatran (Pradaxa)
* Apixaban (Eliquis)
* Rivaroxaban (Xarelto)

**Please contact the health professional who prescribed the blood thinner medication to see if you can stop them for 1 week.**

**You have been given the following prescriptions:**

1. **Antibiotic:**

|  |  |
| --- | --- |
| 🞎 | **Ciprofloxacin 500 mg tablets.** Take one tablet every twelve hours. Start on the day before the biopsy and continue for 3 days (day before, day of and day after the biopsy) for a total of 6 tablets |
| 🞎 | **Alternative** (patients with allergy to fluoroquinolones, prior prostate biopsy-related infection, infections resistant to fluoroquinolones) |

Drug:

Instruction:

1. **Enema:**

Fleet enema (sodium phosphate). Give yourself an enema the morning prior to the biopsy.

**Day of surgery:**

1. Wear comfortable clothing. Shower before leaving home.
2. Arrange for someone do drive you to and from the surgery center.
3. Bring all medications currently prescribed to you in their labeled containers to the hospital.

**What usually happens during a prostate biopsy:**

Before your biopsy, a urology technician or nurse will prepare you for the biopsy. You lie on a table on your side. In some cases, you might be asked to lie on a kneeling position. A solution to help prevent infection is applied to your rectal area, and a local anesthetic gel is applied to the rectum. The urologist may examine your rectum with his or her finger. Then the urologist inserts an ultrasound probe into your rectum. Ultrasound uses sound waves to examine the body. The probe lets the urologist view your prostate on a monitor screen to see the area(s) from which the tissue sample will be taken. After the probe is inserted, the urologist will inject anesthetic into the prostate to numb the area. Before the actual biopsy is done, the urologist will tell you so that you can anticipate a minor needle sting. The biopsy instrument makes a snapping sound as the tissue sample is taken. Do not be alarmed by this. You probably will feel only mild discomfort when the needle is inserted and withdrawn. The biopsy takes about 10 minutes. The tissue sample obtained from the biopsy is sent to the pathology laboratory for examination.

**Post-Prostate Biopsy Instructions**

**General instructions:**

1. You will be generally discharged from the clinic after the procedure.
2. Continue to use the antibiotic as prescribed by the urologist.
3. You may take a non-aspirin pain reliever containing acetaminophen (such as Tylenol) for discomfort. Avoid Aspirin and Aspirin-like products such as Ibuprofen (Aleve, Motrin, Advil) for at least 24 hours or longer if there are signs of bleeding.
4. You should NOT drive or operate machinery if the catheter is in place or if you are on pain killers.
5. You may resume your usual diet.
6. Rest for the remainder of the day and resume activities as you feel able.
7. If you received general anesthesia, have a responsible adult stay with you for the remainder of the day.
8. For one or two days after the biopsy, it is normal to have blood in your urine at the beginning of urination. Minor rectal bleeding may also occur. This should go away within a few days. Blood in your ejaculate (semen) is common and may persist for weeks or months (blood-tinged semen is not harmful to your sexual partner).
9. If you take blood thinner medications, typically you may resume them 24 hours after the biopsy unless there is persistent bleeding, in which case you should contact your urologist.
10. Your results will typically take 1 week. These will be discussed at your next clinic appointment.

**Reportable symptoms that required immediate medical attention:**

1. Fever of 101oF or greater
2. Inability to urinate