

### **Patient Information for Prostate Biopsy**

A prostate biopsy has been recommended to diagnose possible prostate cancer. This ½ hour procedure is done by a radiologist in the Diagnostic Imaging Department at Peace Arch Hospital. An ultrasound probe is inserted in the rectum and the prostate gland is visualized. Small hollow needles are then directed into the prostate and approximately 10 samples are taken. You will hear a loud clicking noise as each biopsy is taken. The wall of the rectum does not have sensory nerves like your skin so discomfort is usually minimal. Please arrive 15 minutes early to allow for registration time and changing. You may drive yourself home afterwards **ONLY** if you do **NOT** take Ativan. You may resume normal activities.

It is very important to **STOP Aspirin, Plavix and anti-inflammatory medications** (Advil, Ibuprofen, Motrin) **10 days BEFORE the biopsy**. Major blood thinners such as Coumadin and Warfarin must be stopped 7 days before the biopsy. If you are on Coumadin or Warfarin please ensure that you have a PTT/INR level done at Peace Arch Hospital lab the day before the biopsy. You may resume your blood thinners when bleeding stops or is minimal. If you have had a heart valve replaced or previous infection of heart valves, please notify us. You will require intravenous antibiotics before the biopsy.

You will be given a prescription for antibiotics. This is to be **STARTED THE DAY BEFORE the biopsy**. Don't forget to take your medication in the morning on the day of the biopsy. The medicine is to be taken for a total of 3 days. Ativan is to be taken 1 hour before the biopsy. You will need a ride home.

It is important to cleanse the bowel to prevent infection. You must not eat solid food starting the day before the biopsy. Take clear fluids only. Please purchase a Fleet Enema Kit from your pharmacy. Administer it 3 hours before the biopsy. Please have a light breakfast on the day of the biopsy to avoid feeling faint during the procedure.

Small amounts of blood in the urine or semen or with bowel movements are common and may persist for up to 3 weeks. Very rarely more serious complications can occur including large amounts of bleeding from the bowel and inability to pass urine or severe infection. Infection can present with fever, chills and/or shaking. Patient's can feel quite unwell. If any of these serious symptoms develop, report **immediately** to the Peace Arch Hospital Emergency Department.

The results are usually available within two weeks. You will be contacted by our office for an appt.

### **Patient Instructions**

- 1) **DAY BEFORE** the biopsy: **START your antibiotics**. We suggest consuming only clear fluids to cleanse the bowel.
- 2) **DAY OF** the biopsy: Administer the fleet enema 2-3 hours **BEFORE** the biopsy appointment. **Take your antibiotics and Ativan 1 hour before the biopsy**. We suggest having a light breakfast (not just clear fluids) so you won't feel faint during the biopsy.
- 3) **DAY AFTER** the biopsy: **FINISH** the last dose of antibiotics as indicated.