



PATIENT INFORMATION

TRANSRECTAL ULTRASOUND BIOPSY OF THE PROSTATE

PREPARATION FOR THE BIOPSY

1. Take the antibiotic that was given to you 2 hours before your biopsy as directed by your physician or the staff.
2. Discontinue all over the counter NSAIDs, including Ibuprofen (see other form for full list), Fish oil, and any other vitamin supplements seven (7) days prior to your procedure.
3. If on prescribed antiplatelet agents or blood thinners such as Aspirin, Plavix, Coumadin (Warfarin), Xarelto, Eliquis, Pradaxa, Heparin, and Arixtra, bring this to the attention of your provider or clinical staff. We do need you to get permission to come off these agents. **please consult with the prescribing doctor before discontinuing and make sure to let us know the recommendations.**
4. Drink fluids and eat a "light" meal prior to coming to the office the day of your biopsy.
5. Your provider may ask you to administer an enema as part of your preparation for the biopsy. If so, this should be performed 3-4 hours prior to your biopsy appointment.
6. Be able to provide a urine specimen upon arrival, we will need to make sure you do not have an infection before we can proceed.

AFTER THE BIOPSY

1. You should avoid any strenuous activities for 24-hours after the biopsy
2. It is recommended that you arrange for transportation to get home, but it is not required.
3. Some blood is expected in the urine and stool for several days and up to several months in the semen/ejaculate.
4. If you are unable to urinate (pass your water), please call our office, or go to ER if after hours
5. If you have chills and/or an elevated temperature of 101 degrees or more, go to the ER
6. If you develop diarrhea lasting longer than 2 days, please call our office or your Primary Care Provider as this may be a sign of Clostridium Difficile (C. diff) is an infection in your colon caused by antibiotics.
7. The results of your biopsy may take 2 weeks to be returned. You must make arrangements for follow-up discussion with your physician concerning your biopsy results. Do not assume no news is good news.

FURTHER INFORMATION FOR YOU TO KNOW

1. In conjunction with your prostate biopsy, a buccal smear specimen will be taken from your mouth by gently swabbing the inside of your cheek. This may be used for DNA confirmation of a positive prostate biopsy report on your tissue with your consent.
2. Approximately 5% of biopsy specimens processed with routine stains in the Pathology Lab are read by the pathologist as inconclusive. In this instance, additional special staining of your biopsy tissue will need to be done in the lab before the pathologist can give the final diagnosis on the biopsy.
3. The Virginia Department of Health maintains a statewide cancer registry to compile statistics about cancer in Virginia in an effort to contribute to cancer prevention and control. Health care providers across the state are required by law to report information about patients with cancer to the Virginia

Cancer Registry (VCR). In the event that the Urology of Virginia pathologist read your biopsy as malignant and you are diagnosed with prostate cancer, our lab will report this to the VCR in Richmond. If you have any questions about the VCR, you may contact them at (804) 786-1669