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## PROSTATE BIOPSY INSTRUCTIONS

Dear patient,

The following instructions will give you an idea of what to expect before and after your scheduled prostate biopsy. It will also explain when you should seek emergency care.

The prostate gland is located on the anterior surface of the rectum. The biopsy is performed through the rectum using an ultrasound probe, similar to the digital rectal exam of the prostate. The procedure lasts approximately 15-20 minutes. Local anesthesia will be administered at the time of biopsy to numb the prostate.

Once scheduled, we ask that you please report to our office located at: 525 E 68th Street, Starr 900 about 15 minutes before your appointment time. However, if you are not able to keep your scheduled appointment, please notify us as soon as possible.

### What To Do Before the Biopsy:

In order to prevent infections you need to ensure that the rectum is free of stool and take the prescribed antibiotics. In addition, you must not take any medication that increases the risk of bleeding. **Please follow these instructions:**

1. Some medications interfere with the clotting and coagulation of the blood (blood thinners) and predispose you to bleeding. Please contact your physician or cardiologist prior to stopping the following medications (7 days before your biopsy):
  - Aspirin or aspirin based products
  - Non-steroidal anti-inflammatory drugs (Motrin, Advil, Aleve, etc.)
  - Coumadin
  - Plavix
  - Multiple Vitamin and supplements, including Vitamin E
2. Use a fleet enema the morning of your scheduled biopsy to evacuate the rectum. Fleet enemas are available at your local pharmacy without a prescription. Make sure you drink plenty of fluids and have a light meal
3. A prescription for antibiotics will be electronically sent to your preferred pharmacy. Take the first dose (500mg/1 tablet) 24 hours before the biopsy. Take the second dose (500mg/1 tablet) one hour before your procedure. Finally, take the last dose (500mg/1 tablet) 24 hours after your biopsy

4. Prescriptions for pain and anxiety medications will also be sent to your pharmacy. Please take half of each tablet one hour prior to your scheduled biopsy. If you still don't feel relieved, please take the remaining dose
5. A prescription for Lidocaine 5% ointment, 35g tube will be electronically sent to your preferred pharmacy. Please fill it and bring with you the day of your biopsy
6. Lastly, you will also receive an antibiotic injection at the time of the procedure

#### **What To Do and Expect After the Biopsy:**

- The biopsy samples will be sent to a laboratory where a pathologist will determine if cancer or another condition is present
- Continue the course of antibiotics as instructed
- Resume eating normal foods and drink extra water over the ensuing few days in an effort to further clean out your urinary system
- Continue **not** taking any blood thinners you were asked to stop prior to the procedure (at least for a few days following the procedure)
- Some men have rectal soreness for a few days. This can be alleviated with warm soaks or compresses to the area. Some also experience light bleeding or spots of blood in their stool, urine, or semen. If the amount of bleeding is small and it stops after a few days, this is considered normal. Blood in the semen may last for six weeks. This is also considered normal

If you have any questions, do not hesitate to contact our office at 212-746-5562.

Sincerely,  
Christopher E. Barbieri, MD, PhD