

Prostate Biopsy Patient Instructions

University of Michigan Medical Center
Department of Urology

Taubman: (734) 936-7030
Livonia: (734) 432-7811
Cancer Center: (734) 647-8903

When Your Appointment is Scheduled:

These Instructions will be reviewed with you.

You will be given a prescription for an antibiotic you will need to take prior to the procedure. You may also have antibiotics prescribed to be taken after your procedure as well.

You will need to purchase a Fleet Enema kit from your pharmacy.

Let Your Physician Know.....

If you are on Coumadin or other blood thinners.

If you did not remember to stop taking aspirin or aspirin-like products at least 7 days prior to your procedure

If you are not feeling well the day of your procedure.

If you have artificial heart valves, mitral valve prolapse, artificial joints or prosthesis.

If you have any questions or concerns about this procedure.

Before Your Biopsy

- ❑ Make sure you have had a recent PSA test performed at University of Michigan prior to your procedure.
- ❑ Stop taking aspirin or other aspirin like medications such as ADVIL, ALEVE, ASPIRIN, ANAPROX, ANACIN, ASCRIPTIN, BUFFERIN, EXCEDRIN, ECOTRIN, MOTRIN, NAPROSYN, NUPRIN, PLAVIX, and VITAMIN E
At least 7 days prior to your procedure.

You may take your other medications as you normally do.

If you take COUMADIN or other BLOOD THINNERS, you must contact your physician to determine when you should stop taking these medications prior to your biopsy.

The Day of Your Biopsy

- ❑ You will be asked to provide a Urine Sample on your arrival.
- ❑ It is suggested, but not necessary, that you bring someone to drive you after the biopsy.
- ❑ You will be given fluids to drink and asked to urinate after the procedure before you are discharged
- ❑ Take antibiotics prescribed for this procedure in the morning before your scheduled procedure or as directed.
- ❑ Use an enema prior to your biopsy, follow the directions provided with the product. If you are scheduled before Noon, do the enema the night before. If you are scheduled after noon, do the enema that morning.
- ❑ You may eat a light breakfast, such as coffee or tea, juice, and toast and a light lunch if biopsy is scheduled late afternoon.

After Your Biopsy

- ❑ You will be given verbal and written instructions before you leave clinic.
- ❑ Drink plenty of fluids, this prevents blood clots and the possibility of a bladder infection afterwards.
- ❑ No heavy exertion, including jogging, weight lifting, or significant aerobic exercising for 7 days.
- ❑ Take antibiotics if prescribed.
- ❑ Call the clinic or the Urology resident after hours (734-936-6267) if you experience any of the following:
 - Persistent urinary frequency/ burning or difficulty emptying your bladder.
 - Fever >101F degrees
 - Urine that is cherry red or has clots.
 - Rectal bleeding that is heavy (blood clots or pure bloody stools) or persistent (lasts more than 7 days)

What to Expect

After a biopsy, it is normal to experience some symptoms:

Burning with urination – this is a normal sensation after a prostate biopsy and is usually present for the first 24 hours, and may last up to 3 days.

Frequent Urination – this should gradually improve over the first 24 to 36 hours.

Blood in Urine – It is normal to have slightly red – tinged urine, but it may also resemble a rose or red wine color and may last 12 hours to 3 weeks.

Blood in Stool – This is usually noticed on toilet paper or there may be some bloody streaking of the stool. This may last for up to 5 days.

Blood in Semen. This may persist for up to 6 weeks after the prostate biopsy.