

Prostate Biopsy Information Sheet

Why am I having a prostate biopsy?

A prostate biopsy is performed to assess for prostate cancer by taking small pieces of the prostate using a small ultrasound probe placed in the rectum. If you are having this procedure, it is because of an elevated PSA blood test or a physical exam that was suspicious for prostate cancer.

How do I prepare for the biopsy?

Please let the office know if you are taking a blood thinner. You will be told when to stop your blood thinner before the biopsy.

It is important to arrive for your biopsy with an empty rectum. Have a bowel movement the morning of your biopsy. If you need to, use an over-the-counter suppository or enema.

You were provided a prescription for antibiotics. It is important that you take this antibiotic as written on the bottle. If you did not get a prescription, contact the office and we will make sure you have one sent to your pharmacy.

Where will I have my biopsy?

Your biopsy will be on the 4 West unit at the Dr. Everett Chalmers Hospital. Head directly to 4 West at the time you were provided. You will be directed to a waiting area, and then greeted by a nurse. The nurse will bring you into the room where your biopsy will occur. You will change into a hospital gown. The nurse will verify your name and date of birth, ask you about your medications, and tell you what to expect during and after the procedure.

What happens when I have my biopsy?

A small amount of iodine will be placed into your rectum. This helps prevent infection. An ultrasound probe will then be placed into your rectum. The probe is about the size of an index finger. You may experience pressure as the probe is inserted, but you should not have sharp pain. Freezing will then be placed to decrease discomfort from the biopsies. Typically, 10-12 biopsies are performed. You will hear a snapping sound with each biopsy. The entire procedure usually takes 3-5 minutes.

What should I expect after my biopsy?

After your procedure is complete, you can relax for a few minutes. Follow the nurse's instructions. Your nurse will tell you when it is ok to leave. There are no restrictions on your activity after you go home.

It is normal to see blood in your urine for a day or two after the biopsy. If it lasts longer than 1-2 days, do not be concerned if you are still able to urinate and there are no other symptoms. If you are passing clots and cannot urinate, you should call the office if it is during business hours. If it is after business hours or you cannot contact the office, please go to your local emergency department. Be sure to tell the doctor that you had a prostate biopsy.

You can also expect blood in your stool for a short time. This rarely lasts more than a day.

You will see blood in your semen for 4-6 weeks. At first it will be bright red, and then it will get darker or become a rusty color. It is never a sign of a problem if it is your only symptom.

Could I have a serious problem after my biopsy?

Unfortunately, 3-5% of men can develop an infection after prostate biopsy. Most are urinary tract infections, which present as going to the washroom often, burning when you urinate, an inability to hold your urine for a long time, and a slow urine flow that can be difficult to start. Serious infections are less common but require immediate medical attention. **If you develop a fever, chills, muscle aches, or flu like symptoms, you should proceed to the emergency room as soon as possible. Inform the nursing staff and the emergency room doctor that you recently had a prostate biopsy. You will require intravenous antibiotics.** You may need to be admitted to hospital. The emergency room physician should call the urologist on call at the Dr. Everett Chalmers Hospital.

Should I expect an appointment after my biopsy?

You will **ALWAYS** have an appointment to discuss your results. It can take 2-4 weeks for the result. If you have not received an appointment within 4 weeks, please call the office.

I hope this information helps you prepare for your prostate biopsy.