

TRUS BIOPSY

Your TRUS Biopsy is scheduled for: _____
(We recommend you do not drive the day of your biopsy.)

Your biopsy follow up appointment is scheduled for: _____

BEFORE BIOPSY:

1. Cipro XR 1000mg once daily(or other antibiotic given to you) 1 tablet the day prior to the biopsy, the day of the biopsy and the day after the biopsy, for a total of 3 tablets.
2. 1 Fleets Enema the morning of the biopsy-this can be purchased at any drug store.
3. Light(liquid) breakfast/lunch day of biopsy procedure.
4. DO NOT take any aspirin or product containing aspirin 10 days before the biopsy.
5. YOU MUST inform the doctor if you are taking Coumadin or Persantine.

AFTER BIOPSY:

1. The day of the biopsy you should limit yourself to minimal activity. Walking is acceptable. We recommend you do not drive yourself home after the biopsy. You should not engage yourself in any strenuous activity.
2. You should contact the office if you have any of the following: temperature greater than 101, difficulty voiding or passage of any large blood clots. You may expect to have some blood in your urine or stool for 3 or 4 days after the biopsy. You may expect blood in your semen for 4-6 weeks.
3. You should continue the antibiotics which were prescribed as noted above.
4. After the biopsy of your prostate has been performed, you may be asked to wait in our office for a short observation period.

PREPARATION:

1. **NO aspirin** for at least 10 days prior. (Taking aspirin or products containing aspirin increases the risk of bleeding.)
2. Fleets Enema should be administered early on the day of the procedure.
3. Antibiotics (Cipro or substitute) are to be started the day before the biopsy.
4. Please let us know if you have an artificial heart valve, prosthesis or if you are taking a blood thinner medication or if you have a history of bleeding easily.

5. DO NOT empty your bladder prior to the procedure.

EXPECTATIONS:

The procedure is somewhat uncomfortable but is not painful. It is done in the office and there is no anesthesia involved. It generally takes 15-30 minutes. It is fairly normal to have a few blood clots in the urine, pink urine and some blood in the rectum after the procedure. Drink plenty of fluids and be sure to finish your antibiotics as directed.

COMPLICATIONS:

You must call us if you cannot void, if you have fever or chills, if you do not feel well, or if your urine is ketchup-like and won't clear up. Complications such as these happen in less than 3% of all prostate biopsies. There are almost no complications if only a TRUS is performed.

INDICATIONS

The vast majority of TRUS of prostate are done because a patient has an elevated prostate specific antigen (PSA) level or an abnormal prostate examination. Although prostate cancer is the primary concern, the PSA level may be elevated simply by an enlarged, non-cancerous prostate or other prostate conditions, such as an infection. A TRUS is done to see if there are any suspicious areas and to measure the size (volume) of the prostate.

PROCEDURE

You will be asked to lie down on the examination table on your side. The physician will then re-examine the prostate gland. Then, the ultrasound probe will be placed in the rectum and the prostate will be scanned by ultrasound waves. (A full urinary bladder is important for this procedure.) At this point, the physician looks for any abnormal areas on the ultrasound picture and also obtains measurements of the size of the prostate itself. The computer in the ultrasound machine then calculates a predicted PSA value and a PSA density based on the measurements of the prostate size. Six to twelve systematic biopsies of the prostate are obtained to make sure that there is not prostate cancer involved.

