

# INSTRUCTIONS FOR TRANSPERINEAL ULTRASOUND GUIDED PROSTATE BIOPSY

Tri County Urologic Associates

Day time phone: 610.323.5550 (Pottstown) or 610.935.9010 (Phoenixville)

Emergency Phone after 5 pm 610.792.2871

## NATURE OF THE PROCEDURE

This procedure involves performing a prostate biopsy with ultrasound guidance. A needle like device is placed thru the skin just behind the scrotal area (perineum) and into the prostate. Depending on the size of the prostate, patient and preference of the surgeon approximately 12-36 biopsies are obtained. The procedure is done under spinal or general anesthesia and may take approximately 15 minutes.

## INSTRUCTIONS PRIOR TO SCROTAL PROCEDURE

Do not eat or drink anything including water after midnight the evening prior to the operation. **Do not take aspirin or any aspirin-containing products or drugs containing Ibuprofen for 10 days prior to the scheduled treatment.** You can take Tylenol or ask your physician for recommendations. If you are taking anti-coagulants such as Coumadin, please consult with your physician, as this medication may need to be discontinued 5 days prior to the procedure. **Please let us know if you have either a heart murmur, artificial heart valve or a prosthesis (artificial parts like a hip or knee replacement) so that we can treat you with appropriate antibiotics.** Leave all valuables at home and wear comfortable clothing. If you have HMO insurance, it is your responsibility to obtain referrals from your primary care physician. Perform 1 Fleets enema the morning of the biopsy.

## AFTER THE PROCEDURE

After the procedure is performed, you should expect soreness, a little bruising and mild swelling behind the scrotum. Discomfort can be controlled with Tylenol and in some cases you may be provided with Percocet. It is not uncommon to see blood in the urine or the stool for 2-3 days after the procedure and it may take 6 weeks for blood in the semen to clear up. Refrain from strenuous activity for 2-3 days. You may resume sexual activity after 5 days if you are not experiencing any discomfort or blood in the urine. Finish the antibiotics which typically are needed for only one additional day after the procedure. Call us if you experience a temperature greater than 101 degrees, are unable to void or if you have ketchup-like urine. Blood tinged urine is normal.

## FOLLOW-UP APPOINTMENTS ARE PREARRANGED PRIOR TO THE OPERATION BUT IF YOU DO NOT HAVE ONE:

Call 610.323.5550 (Pottstown office) or 610.935.9011 (Phoenixville office) to schedule an appointment to:

\_\_\_ see Dr. Rose Leech Moreno Kabler or Kalra in \_\_\_ day(s) or \_\_\_ week(s)

## MEDICATIONS

Take: \_\_\_ Levaquin or Cipro until finished. \_\_\_ Percocet one every 4 hours as needed for pain.

