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PROSTATE BIOPSY INSTRUCTION SHEET

BEFORE YOUR BIOPSY

1. No aspirin for seven (7) days before your biopsy. No Coumadin (blood thinner) for five (5) days before your biopsy.
2. Take a Cipro in the morning and evening the day before and the day of your prostate biopsy. Also take a Cipro in the morning and evening the day of and the day after the biopsy.
3. Take a Fleets enema the night before and the morning of the biopsy to ensure that the lower bowel is empty and “clean.”

DURING YOUR BIOPSY PROCEDURE

1. You will lie on your left side during the procedure and Dr. Shusterman will use a “transrectal” ultrasound probe (slightly larger than a man’s thumb) to insert into the rectum and take multiple pictures of the prostate. This process takes between 15 and 30 seconds only. Prostate volume measurements and anatomy will be determined.
2. Based on the volume/size of your prostate, the doctor will perform a series of biopsies in various portions of the prostate for “mapping.”
3. Many men do not even feel the prostate biopsy but they rather feel the probe used to perform the biopsy. It is important that you do not contract your sphincter muscle or “tighten” the rectum during the biopsy procedure.

AFTER YOUR PROCEDURE

1. Drink plenty of fluid for the next three days.
2. Take a Cipro in the morning and evening following the prostate biopsy.
3. You may see blood in the urine (usually at the start or the stop of the stream) or the stool (usually when you wipe). Occasionally men will have blood in the semen during ejaculation as well. These are usually very short-lived problems and may last up to five to seven days.
4. No strenuous or heavy physical activity for the next five (5) days. This includes bike riding, jogging, heavy lifting, or weight training. Normal regular everyday activities are completely fine and actually encouraged. The biopsy procedure should not limit your normal everyday activities. You may resume sexual activity two (2) days after the prostate biopsy.
5. **Notify your Dr Shusterman immediately if:** Fever greater than 101, blood all the way through the urinary stream or the constant intense urge to urinate or urinary burning.
6. Make an appointment to see your doctor one week after the prostate biopsy to discuss the results and possible treatment plan.
7. If you need to go to a hospital for any reason, request that you are taken or go to New York Hospital Queens or Forest Hills Hospital in Forest Hills.