

## Prostate Ultrasound with Biopsy

During a prostate ultrasound, a probe about the size of a finger is placed a short distance into the rectum. This probe creates images of the prostate gland. The probe helps your doctor see the size of your prostate and detect any abnormal growths.

During a prostate biopsy, ultrasound helps to guide the small needle through the rectum into areas of the prostate where there may be abnormal tissues. The needle will then collect tissue samples from these areas.

While lying on your left side, with your knees drawn up, the ultrasound probe will be placed into the rectum. We will numb the area and then take the biopsies. You may feel pressure as the samples are taken. It takes about 5-10 minutes to get the samples. After the biopsy is done, you may need to stay until you are able to urinate.

(Check one)

**Prostate biopsy done in the clinic:**

- You may eat before the test.
- You will need a sodium phosphate enema (Fleets Enema) before the test. Give it 1-1½ hours before you leave to come to the clinic. Follow the directions on the box. Then take a shower.

**Prostate biopsy done in the operating room (OR):**

- Stop all solid foods, dairy products, and juices with pulp at midnight. You may be able to

have small amounts of clear liquid up to 4 hours before.

- You will need a sodium phosphate enema (Fleets Enema) before the test. Give it 2 to 4 hours before you leave home. Then take a shower.
- The Ambulatory Procedure Center will call you the day before your scheduled biopsy to tell you when to arrive and when your procedure will start.

### Before the Test

1. Tell your doctor if you have an artificial joint that was placed in the last 2 years because you may need more antibiotics before the biopsy.
2. You should stop taking the other “blood thinning” medicines 1 week before the test. Examples are; Coumadin® (warfarin), Advil®, Motrin®, Nuprin®, aspirin, Vitamin E, and ibuprofen. Discuss taking any prescription blood thinning medicines with your doctor who prescribed them. These medicines can cause an increased chance of bleeding after the biopsy.
3. You will need to give a urine sample before the test. **It is helpful to have a full bladder when you arrive at the clinic.**
4. You will take antibiotics before and after the biopsy. It is important to take them as directed.

### **After the Biopsy**

- Take antibiotics as directed.
- Nothing strenuous for 1-2 days.
- You may feel mild tenderness in the area of the biopsy.
- You may also notice some blood in your urine or some light bleeding from your rectum for 2-3 weeks.
- No intercourse for 3 days. Your semen may have blood in it and remain rusty colored for several weeks.
- Drink plenty of fluids after the biopsy, 8-10 (8 oz.) glasses each day.
- Avoid straining with constipation to prevent increased bleeding.

### **When to Call the Doctor**

- Temperature by mouth greater than 100.4 °F within the first 3 days. If you have a fever after the biopsy, seek medical help right away.
- Bloody urine you cannot see through. It can be normal to have blood-tinged urine.
- Large clots in urine. It is normal to pass a few small clots.
- Trouble passing urine.
- Rectal bleeding (spotty bleeding is normal).

### **Phone Numbers**

UW Health Urology  
**608-263-4757**

UW Health at The American Center Urology  
**608-440-6464**

UW Health One South Park Urology  
**608-287-2900**

### **After hours, nights, weekends, and**

**holidays**, the clinic number is answered by the paging operator. Ask for the urology doctor on call. Leave your name and phone number with the area code. The doctor will call you back. The toll-free number is:  
**1-844-607-4800.**

Your medical record number is

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If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©7/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4812.