

## Prostate Ultrasound With Biopsy

This handout tells you what happens before, during, and after a prostate ultrasound with biopsy. During the ultrasound, your doctor puts a small probe, about the size of a finger, just inside your rectum. The probe takes pictures of your prostate gland. These pictures help your doctor check the size of your prostate and look for any unusual growths.

If you are getting a UroNav biopsy, you will have an MRI before your biopsy. The MRI pictures help your doctor find the exact spots to take samples from your prostate.

### Before Your Biopsy

A nurse will call you 7 to 10 days before your biopsy to discuss your care plan. They will tell you how to take your medicine and order it for you. Be sure to follow these instructions carefully. You will need to take antibiotics both before and after your biopsy.

### Fleet® Enema

You will need to purchase a Fleet® enema (sodium phosphate enema) to use the day of your procedure.

### Blood Thinning Medicines

You must call the doctor who prescribes this medicine to see if you need to stop or adjust your medicine before your test. That doctor will tell you how to safely do this.

**Do not** use any non-prescription blood thinning medicines a week before such as:

- Aspirin and medicines that contain aspirin (Excedrin®)
- Ibuprofen (Advil®, Motrin®)
- Naproxen (Aleve®)
- Vitamins and supplements (vitamin E, Ginkgo biloba)

## Day of the Procedure

### Diet

You may eat as normal on the day of the procedure.

### Medicine

Take any prescribed antibiotics as directed.

### Rectal Rinse Directions

Use the Fleet® enema you bought to do a rectal rinse. Complete it within 1 to 1½ hours before you leave for the clinic.

1. Put the tip of the bottle only 1 to 2 inches into your rectum.
2. Squeeze the bottle gently so the liquid goes into your rectum.
3. You do not have to hold the liquid inside. Let it come out into the toilet after you put it in.
4. Take a shower after you finish. This will help you feel clean and comfortable before your visit.

### Urine Sample

You will need to give a urine sample before the procedure. It is helpful to **have a full bladder when you arrive at the clinic.**

## During the Biopsy

### What to Expect

You will lie on your left side with your knees drawn up. The ultrasound probe is placed into the rectum. We will numb the area to reduce pain.

A small biopsy needle passes through the rectal wall into the prostate to collect tissue samples. You may feel pressure or a brief snapping sensation with each sample.

The procedure typically takes 5-10 minutes, but you should plan to be in the clinic for about 1 hour. Before going home, we will need to ensure you are able to urinate.

## **After Your Biopsy**

### **Driving**

You can drive yourself home after the biopsy, unless your care team tells you not to.

### **Activity**

- **No** heavy lifting or strenuous activity for 1-2 days.
- **No** sex for 3 days. Your semen may have blood in it and remain rusty colored for up to 3 months.

### **Pain**

The biopsy area may feel tender.

### **Bleeding**

You may notice some blood in your urine or some light bleeding from your rectum for 2-3 weeks.

### **Diet**

Drink plenty of fluids after the biopsy. Plan to drink 8-10 (8 oz) glasses each day.

### **When to Call**

Call the clinic if you notice:

- Your temperature is over 100.5°F in the first 3 days.
- Your urine is so bloody you can't see through it. It's normal if your urine just looks a little pink or red.
- You see big blood clots in your urine, about the size of a quarter or larger. It's normal to see a few small clots.
- You have trouble peeing.
- You have rectal bleeding. Spotty bleeding is normal.

**If you get a fever after your biopsy, seek medical care right away.**

### **Who to Call**

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit [www.uwhealth.org/](http://www.uwhealth.org/).

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 © 3/2026. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4812.