



A L A S K A
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PROSTATE BIOPSY INSTRUCTIONS

Your doctor feels that it is wise to biopsy your prostate. The biopsy will be performed under ultrasound guidance. Generally speaking, a prostate biopsy has a minimal risk. Because our prostate biopsies are performed through the rectum, there is always a possibility of introducing infection, and for this reason, it is important that you follow our recommendations below. The main reason for doing biopsy of your prostate is to make sure you do not have prostate cancer, which is one of the most common cancers in men. It is obviously very important to make an early diagnosis of cancer, so that treatment can be started promptly.

Recommendations prior to biopsy:

1. No aspirin one week before biopsy
2. Several days before your biopsy, you should pick up your packet of medications at pharmacy. This will include your Fleet enema if your doctor orders it and antibiotics.
3. If your doctor orders the enema it should be done at home two hours before the biopsy is scheduled. Try to hold your enema for five minutes prior to bowel evacuation.
4. Begin your antibiotics as directed beginning the day of your biopsy. Continue to take the medication until your prescription is finished.

After your prostate biopsy:

1. Take antibiotics as directed.
2. You should drink plenty of fluids following your biopsy.
3. Do not be alarmed if you notice:
 - a. Slight blood streaking of your stool for several days.
 - b. Blood in your urine for several days.
 - c. Small blood clots with initial urination for several days.
 - d. Blood in your semen with sexual activity for up to 8 weeks.

Complications with the biopsy procedure occur in approximately 1% of patients.

1. Excessive bleeding, characterized by frequent bloody diarrhea stools.
2. Incomplete bladder emptying which results in the sensation of a full bladder but an inability to urinate or only urinate frequent small amounts.
3. Fever. This can rapidly evolve into a serious problem, including shock, if not treated immediately. Check your temperature, over 101°F / 38.8°C is serious if it occurs within two days of your biopsy. Symptoms of infection, such as having chills, or feeling weak, or flushed, are also serious.

If you have any question or feel that you are having complications please call us immediately at (907) 276-2803.