

Transperineal ultrasound-guided biopsy of the prostate is performed in men with a suspicion of prostate cancer. This suspicion may be due to an elevated prostate specific antigen (PSA) blood test or due to an abnormal feeling prostate on rectal examination.

## **PREPARATION FOR THE BIOPSY >**

### ***Medications to avoid prior to the biopsy***

Any medications that affect bleeding should be stopped prior to the biopsy. The following medications should be stopped 7 days prior to surgery: ASA (Aspirin/Entrophen), clopidogrel (Plavix), dipyridamole (Aggrenox), ticagrelor (Brilinta), ibuprofen (Advil/Motrin) and other non-steroidal anti-inflammatories (NSAIDs). The following medications should be stopped 72 hours prior to surgery: dabigatran (Pradaxa), rivaroxaban (Xarelto), edoxaban (Lixiana) and apixaban (Eliquis). If you take warfarin (Coumadin), you will be provided with specific instructions on when to stop your medication by your urologist. If you have any questions about your medications prior to surgery, please contact your urologist.

### ***Diet prior to the biopsy***

You may eat and drink normally before the biopsy. Try to avoid having a heavy meal before the biopsy.

### ***Medications to take before the biopsy***

You may take your regular medications, except for blood thinners. You can take two 500 mg tablets of acetaminophen (2 Extra Strength Tylenol tablets) approximately 1 hour prior to your biopsy. This medication is available at any pharmacy without a prescription. Antibiotics are usually not required. Your urologist may provide you with a prescription for an inhaler called Pentrox (methoxyflurane), a rapid-acting, pain-relieving medication, that you can use

during your biopsy. You will be provided with instructions on how to use the inhaler immediately before your biopsy procedure. Pentrox is not appropriate for patients with severe kidney disease or severe liver disease.

## **THE BIOPSY >**

### ***In the procedure room***

During the biopsy, you will need to lie on your back with your legs placed in stirrups for support. To ensure that the doctor can properly take the biopsies, they will place some tape to move your scrotum out of the way. Your knees will also be bent by lifting the supportive stirrups. The doctor will then insert an ultrasound probe into the rectum. They will clean the area between the scrotum and anus with an antiseptic solution before administering a local anaesthetic injection to numb the area. The injection will be given in two stages to ensure maximum comfort. The biopsies are taken using a spring-loaded needle device, which will produce a loud 'click' sound. You may feel some discomfort during the procedure, but the biopsies should not be painful. The biopsy process usually takes between 15-20 minutes and involves taking approximately 12 pieces of prostate.

### ***Potential risks and complications***

Although transperineal ultrasound-guided biopsy is very safe, a number of potential risks exist. These include the following:

- Blood in the urine which may last up to several days (Almost all men)
- Blood in the ejaculate which may last up to 6 weeks (Almost all men)
- Difficulty passing urine (1 in 20 men)
- Urine infection (1 in 100 men)
- Blood infection (1 in 1000 men)

**WHAT TO EXPECT AFTER THE BIOPSY >*****During your time in hospital***

- **Length of hospitalization:** You can return home the day of your biopsy.
- **Pain:** You may experience some mild discomfort after the biopsy in the rectum. This can be treated with pain medications by mouth.
- **Diet:** You will be able to eat your normal diet before and after the biopsy.
- **Ambulation:** You are encouraged to walk around after the biopsy.
- **Leaving hospital:** If you feel faint or unwell after leaving the biopsy room, please tell the nurse. We would recommend that you have someone to drive you home, but if you are driving yourself home then you must make sure that you are feeling well. We recommend that you have a drink and something to eat before you leave the hospital.

***After leaving the hospital***

- **Pain:** You may experience some mild discomfort. This can usually be controlled with acetaminophen (Tylenol).
- **Activity:** Walking is strongly encouraged after your biopsy. Prolonged lying in bed should be avoided to prevent the development of blood clots in your legs. Heavy lifting (more than 10-20 pounds), running and vigorous exercise should be avoided for 1 week after your biopsy. Sexual activity should be avoided for 1 week.
- **Work:** Most people can return to work the day after the biopsy.
- **Antibiotics:** Antibiotics are usually not required following transperineal prostate biopsy.
- **Follow-up appointment:** You will need an appointment to visit your urologist several weeks after your biopsy to review the results. Please call your urologist to schedule this appointment if it has not been done for you before your biopsy.

**WHEN TO SEEK MEDICAL CARE >**

Contact your urologist or proceed to the emergency room if you experience any of the following after the biopsy:

- Inability to urinate
- Severe bleeding that does not improve
- Worsening pain that does not improve with acetaminophen (Tylenol)
- Unexplained fever over 38.5 degrees Celsius/101 degrees Fahrenheit
- Difficulty breathing or shortness of breath
- Severe lightheadedness or feeling faint
- You have a serious concern and are unable to contact your urologist