

Transrectal ultrasound (TRUS) 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), warfarin (Coumadin), 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) and apixaban (Eliquis). 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 will be given a prescription for antibiotics to take the day before, the day of and the day after your biopsy. It is very important that these antibiotics are taken properly, in order to prevent infection. You will also be asked to give yourself a Fleet Enema before the biopsy in order to clean the rectum. If your biopsy is scheduled for the morning, you may give yourself the enema very early in the morning or the night before the biopsy. If your biopsy is scheduled for the afternoon, you may give yourself the enema the morning of the biopsy. You must give yourself the enema before arriving at the hospital.

## **THE BIOPSY >**

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

Transrectal ultrasound guided biopsy of the prostate is performed by placing an ultrasound probe in the rectum. Local anesthetic is injected around the prostate to freeze the prostate and reduce pain. Approximately 10-12 pieces of prostate are taken through a small needle. The biopsy typically takes 10-15 minutes.

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

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

- Bleeding (blood in the stool, urine or ejaculate)
- Infection (including a 2-4% risk of infection in the blood requiring intravenous antibiotics)
- Difficulty urinating

### **WHAT TO EXPECT AFTER THE BIOPSY >**

#### ***During your stay 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.

#### ***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:** You will have been given antibiotics to take the day before, the day of and the day after your biopsy. You must make sure you take all of your antibiotics as instructed.
- **Follow-up appointment:** You will need an appointment to visit your urologist 2-3 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