
Ultrasound Guided Prostate Biopsy

It is important to read these instructions after scheduling your prostate biopsy. Please review the **Preparation** instructions in the back of this booklet for important information regarding stopping some medications prior to your procedure.

YOUR PROSTATE

Just below your bladder and in front of your rectum is a small, muscular gland called the prostate. It wraps around the urethra, the tube that eliminates urine from your bladder. Your prostate produces part of your semen, the fluid that carries sperm.

At Risk for Cancer

If cells in the prostate change abnormally, cancer may form. Cancer often appears in the outer area of the prostate (near the rectum) before spreading to the inner areas of the gland. Usually, there are no symptoms unless the growth begins to press on the urethra.

WHY YOU NEED THIS TEST

If a potential prostate problem is identified through a digital rectal exam or a PSA (prostate-specific antigen) blood test, your doctor may suggest that you have an ultrasound. This imaging technique, along with a possible biopsy (tissue sample), helps your doctor discover cancer early, when it's more likely to be treatable.

What Ultrasound Reveals

Ultrasound uses high-frequency sound waves to create an image of the prostate gland. This can help your doctor identify abnormalities in the gland.

HOW ULTRASOUND IS DONE

The ultrasound test is simple and is done by your doctor. It usually takes about 15 minutes. To clear your rectum, you may be asked to use an enema beforehand. If a biopsy is going to be done, you'll be given antibiotics to take both before and after the test.

Creating the Image

You'll lie on your left side with your knees bent towards your chest. A tubelike probe, about the size of a thumb, will be gently inserted into your rectum. The probe emits sound waves, creating an image of your prostate on a video screen. Your doctor views the image, looking at the size, shape, and structure of your prostate.

Preparation

- No special diet is necessary.
- Give yourself a Fleet enema the morning of the procedure.
- No aspirin, coumadin or other blood thinners before and after the procedure as prescribed by your doctor.

Dr. Leichter's/Dr. Papadopoulos's patients:

Stop aspirin, coumadin or other blood thinners for 5 days (or follow directions given by doctor) before to the procedure and for 2 days after the procedure.

- Take the prescribed antibiotics as directed by your doctor.

Dr. Leichter's/Dr. Papadopoulos's patients:

Take one of the prescribed antibiotics the night before the procedure and one antibiotic the morning of the procedure. Afterwards, continue taking the antibiotic twice daily until complete.

Procedure

- A nurse will bring you back to the procedure room.
- The nurse will review the procedure with you.
- Your blood pressure and pulse will be obtained.
- You will change into a gown.

You will be placed on your left side, facing away from the doctor. The doctor will insert an ultrasound probe into your rectum. He will guide the probe to examine specific areas of the prostate gland and look for any abnormal areas that may need to be taken for biopsy. He will administer local anesthetic through ultrasound probe. Like any local anesthetic, you will feel a brief stinging. He will take small tissue samples using a small needle passed through the ultrasound probe. It is not uncommon for 8-10 biopsy samples to be obtained. You again may feel a brief stinging sensation when samples are taken.

After a Biopsy

The results of your biopsy will be ready in 5 days. Your doctor will notify you with the results and any further exams or treatment that may be needed.

Precautions Following a Prostate Biopsy

The following is a guide to help you care for yourself following a transrectal biopsy of the prostate gland.

There are several conditions in which you should be aware of following the biopsy. If any of these occur please call your physician or go to the local emergency room immediately.

PAIN RELIEF: You may experience some discomfort following the procedure. TYLENOL should help alleviate your discomfort. If the pain becomes severe, contact your physician. Do not take any aspirin unless specified by your physician for 2 days following a biopsy.

BLEEDING IRREGULARITIES: Do not become alarmed if you notice some bleeding following the procedure. The blood may appear in your bowel movements, urine, and/or in the ejaculate. This is normal and may last up to 2-3 weeks. However, if the bleeding becomes excessive or prolonged, or if you pass blood clots, then you should contact your physician.

FEVER: If you run a fever of over 100 degrees contact your physician. Watch for a fever for approximately 2 weeks following the procedure.

URINATION: Drink plenty of liquids following a biopsy. If you start experiencing pressure in the lower abdomen and CAN NOT URINATE call your physician immediately.

Feel free to contact your physician if you have any further questions or concerns.

SPECIAL NOTE

Please inform your physician if you have:

- ◆ mitral valve prolapse, artificial valves or grafts
- ◆ history of endocarditis
- ◆ routinely require antibiotics prior to minor surgery or dental work.

Notify your physician if you have any allergies to latex products so that the necessary precautions can be taken.

Feel free to eat all meals the day of your procedure.

- Notify your physician if you are taking any medications to thin your blood.
- You will be instructed to arrive at the Ambulatory Procedure Center approximately one half hour before the procedure.

APPOINTMENT

Your prostate ultrasound is scheduled at Altru Clinic- Main, Ambulatory Procedure Center (4-South).

Appointment Date: _____

Arrival Time: _____

Dr. Eric Leichter: 701-780-6123

Dr. Xenofon Papadopoulos: 701-780-6085

