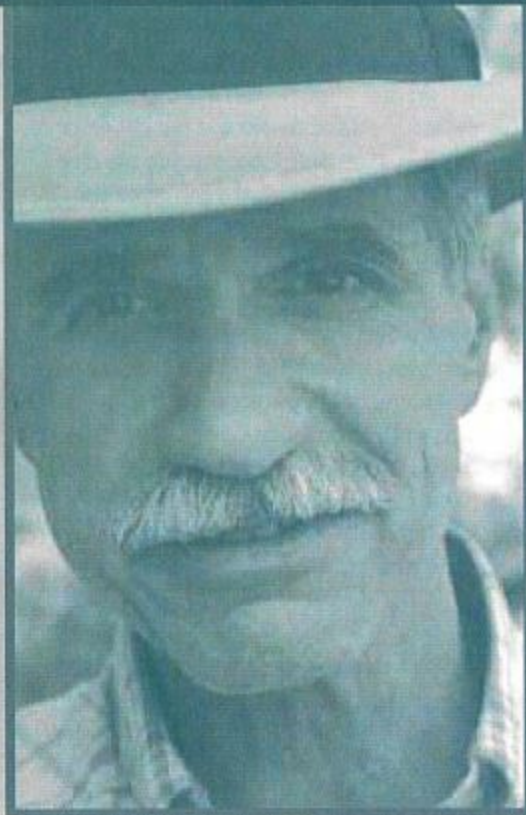




## Prostate Biopsy Procedure



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Your doctor has recommended that you have an ultrasound-guided biopsy of your prostate.

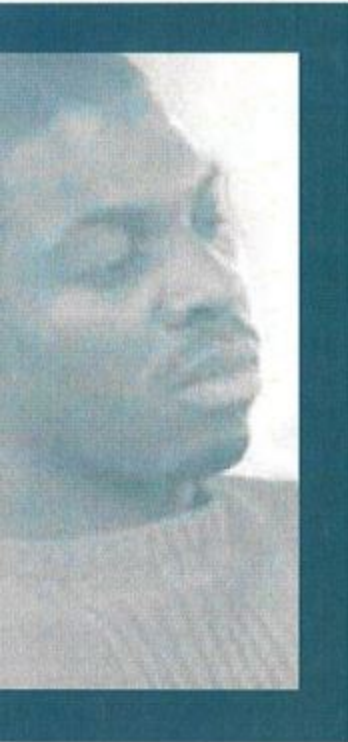
The prostate is a walnut sized gland that is located below the bladder at the base of the penis. The prostate surrounds the urethra, the tube that carries urine from the bladder to the outside of the body. The prostate gland produces the fluid that carries sperm during ejaculation.

Biopsies are recommended for a couple different reasons. One reason may be that you have an elevated PSA level. The PSA is a blood test that measures an enzyme that is released into the blood stream by prostate cells. This enzyme is released by both normal and abnormal cells. However, abnormal cells usually release higher amounts of the enzyme. These abnormal cells could be the cause of an elevated PSA. For this reason, the doctor will obtain biopsy samples of prostate tissue to check for abnormal cells.

Another reason for a biopsy may be that you have a prostate nodule. A nodule is a lump, bump, or hard spot in the prostate tissue. The nodule may be benign and caused by irregular tissue growth as the prostate ages. It can also be caused by growing cancer cells. Your PSA can remain at a normal level even though the nodule is present. For this reason a biopsy is needed to determine the cause of the nodule. You will be given a script for 3 days of an antibiotic, starting the day prior to your procedure. This will help prevent an infection where the biopsies were taken.

### **THE DAY OF YOUR BIOPSY:**

You may eat a light meal before your appointment. You may take all of your regular medication. You **DO NOT** need to stop taking any medication before this procedure. You will need to clear the lower bowel with an enema. An enema (such as a **FLEET ENEMA®**) can be used. This can be purchased over-the-counter at any drugstore. Take the enema **TWO (2) HOURS** prior to your appointment. Please wear comfortable clothing to the procedure. (You may have someone come with you to the procedure to drive you home, however, it is not required.) Take one tablet one hour prior to procedure. If you are given a valium you will need a driver.





## THE PROCEDURE:

The biopsy is done under ultrasound guidance. An ultrasound probe is gently inserted into the rectum using lubricating gel. Sound waves are emitted from the ultrasound probe and an image of the prostate is transformed onto a monitor. This allows the doctor to determine the size of the prostate.

The doctor will use a biopsy needle to obtain multiple samples of prostate tissue. The samples will be sent to the lab for analysis. The actual procedure will take 15–20 minutes. Allow up to (2) hours for the appointment.

## AFTER THE PROCEDURE:

You may notice some blood in your urine, semen, and stool. The blood in your urine and stool can last approximately a week. The blood may be intermittent. You can increase your fluid intake to help decrease the blood in your urine. The blood in your semen can last up to 8 weeks. The blood in your urine and semen will start off bright red and gradually change to a tea color. You may have some minor bleeding from the area where the biopsies were taken; you will be given a pad to put in your underwear before you leave. There are no restrictions after the procedure but we suggest you rest for the remainder of the day and resume normal activity the following day. If you have any discomfort, you may take ADVIL® or TYLENOL®.

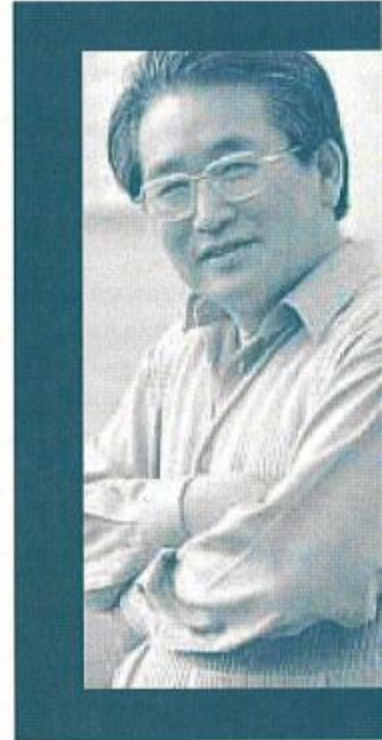
PLEASE CALL THE OFFICE at 232–2980 if you experience any of the following:

- persistent bleeding from the biopsy sites
- difficulty urinating
- fever

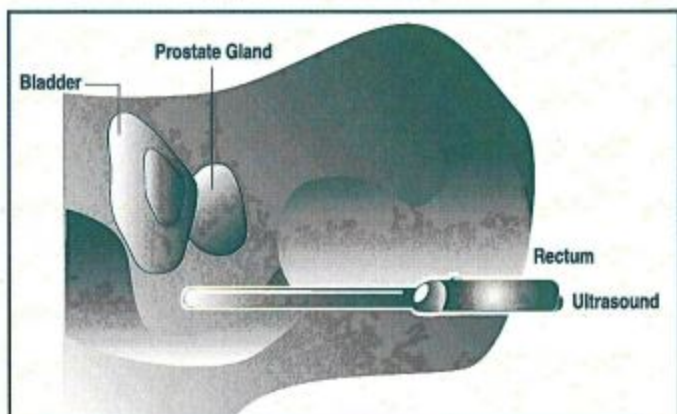
## THE RESULTS:

The results will be available 7–10 business days after the procedure. Your results will be discussed with you by phone. We will call you to discuss your biopsy results and the appropriate follow-up care or further testing.

Any questions contact the office at 232–2980.



## PROSTATE BIOPSY PROCEDURE DIAGRAM



1

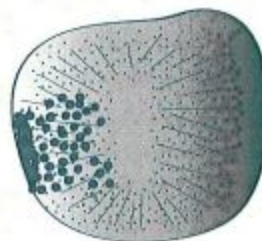
### PROSTATE ULTRASOUND

Prostate ultrasound is performed by placing an ultrasound probe in the rectum, just behind the prostate. Sound waves are bounced into and off the prostate and surrounding tissues and reflected back to the probe. Closeness of the probe to prostate itself allows for good visualization of the internal architecture.

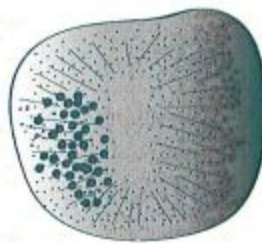
2



Nodule (visible on ultrasound)



Nodule & infiltrating (partially visible on ultrasound)



Infiltrating (invisible on ultrasound)

### CANCER ON ULTRASOUND

Prostate ultrasound is best when trying to see large nodular cancers. Infiltrating prostate cancer that is evenly spread throughout the tissue may not be clearly visible on ultrasound. Cancers that are a combination of both may appear to be much smaller than their actual size.