

Urology Associates of Rochester

David P. Dever, M.D. Laurence A. Donahue, M.D. Melanie M. Butler M.D.
Brian Adcock, RPA-C Paul Scheib, RPA-C
Crystal Englert, MPAS, RPA-C Lindsay J. Short, MS, RN, FNP

Dear Pat FName :

Your Transrectal Ultrasound with Prostate Biopsy is scheduled at:

on

The hospital/surgical center will notify you of your arrival time for your procedure. Your pre-surgical testing is scheduled for at your/the .

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW

1. You will be admitted to the hospital the day of your surgery. You will be discharged when you are fully awake, alert, and taking fluids by mouth. Usually it is about two hours after your surgery.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
5. No alcohol 24 hours prior to surgery.
6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24 hours after receiving anesthesia.**
7. In preparation for your procedure, you will need to give yourself a Fleet's enema **the evening before and morning of your procedure.**

RECOVERING FROM SURGERY: WHAT TO EXPECT:

1. You may experience the following: **(These are all normal symptoms)**

1. Blood in the urine
2. Blood in semen
3. Blood in stools

2. If you experience any of the following please call the office at **(585)232-2980**.

1. Inability to urinate or pass water
2. Fever or chills

INSTRUCTIONS: POST TRANSRECTAL ULTRASOUND WITH PROSTATE BIOPSY

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

1. It is okay to shower. **No bathing** until seen by the doctor.
2. It is okay to climb stairs when discharged from the hospital.
3. Walking is good exercise, which improves circulation. **Do not over do it!** Go easy at first and slowly increase the distance, as you feel better.
4. No heavy lifting or strenuous activity for 1 week.

DRIVING:

You are able to drive the day after your procedure if you feel okay and are not taking any pain medication.

MEDICATIONS:

Please refer to the surgery medication list provided.

You will be notified of your results in 7-10 days, when your pathology has been finalized and we have had a opportunity to go over them.

If you have any concerns, please call us at (585)232-2980.