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PROSTATE ULTRASOUND WITH BIOPSY PATIENT INFORMATION & INSTRUCTIONS

Biopsy appointment

1 week follow up appointment

Mon Tues Wed Thurs Fri

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Date _____ at _____ am/pm

Date _____ at _____ am/pm

BEND

BEND REDMOND PRINEVILLE

What is the prostate gland?

The prostate gland is about the size of a walnut and surrounds the neck of a man’s bladder and urethra. The prostate gland is partly muscular and partly glandular, with ducts opening into the prostatic portion of the urethra. It is made up of three lobes: a center lobe with one lobe on each side.

As a part of the male reproductive system, the prostate gland’s primary function is to secrete a slightly alkaline fluid that forms part of the seminal fluid (semen), a fluid that carries sperm. During male climax (orgasm), the muscular glands of the prostate help to propel the prostate fluid, in addition to sperm that was produced in the testicles, into the urethra and out of the penis during ejaculation.

Why are we doing this procedure?

A prostate biopsy is performed after other diagnostic tests indicate a problem with the prostate gland. The most common tests for this are a digital rectal exam (DRE), prostate specific antigen(PSA). A prostate biopsy may be performed to diagnose prostate cancer and to determine the cause of an enlarged prostate gland.

What is a prostate ultrasound with biopsy?

An ultrasound guided biopsy of the prostate. The purpose of this procedure is to remove tissue or cells from the body for examination under a microscope.

What can you expect?

You will be asked to disrobe from the waist down and lie on the exam table on your left side with your knees in the fetal position. The physician will then insert a probe into your rectum and inject Lidocaine to numb the prostate. The physician will then insert a biopsy needle into the probe to obtain 12 tissue samples. You will hear a clicking sound and feel a pinch.

Will it hurt?

You may have some slight discomfort during the procedure in the rectal area.

How do I prepare for the test?

1. Discontinue **ALL** blood thinners such as Aspirin, Ecotrin, Heparin, Warfarin, Plafix, Lovenox, Aggrenox, Elmiron, Coumadin, Fish oil and Vitamin E **one week** prior to your biopsy appointment.
2. You will be prescribed three (3) prescriptions which will be faxed or called into the pharmacy of your choice to pickup one week prior to the procedure. One will be for an antibiotic called Ciprofloxacin, this should be started the day prior to your procedure and continued every day until you have completed your prescription. If you are allergic to this please tell the doctor so we can send in a different antibiotic. The other prescriptions are Valium and Vicodin, please bring these medications to the office with you. You must have your consent form signed at the office before taking these and you must have someone to drive you home after taking these medications.
3. Please try to arrive about 30 minutes or so prior to your appointment, wear something comfortable to go home in.

POST PROSTATE ULTRASOUND AND BIOPSY INSTRUCTIONS

1. Resume normal diet. Increase your fluid intake for the next 1-2 days to decrease formation of blood clots in your urine. If your urine is completely clear for the first few urinations, you will probably not have to worry about this. Some spotting of the urine with blood may occur for the first week, even a month—not to worry it will go away.
2. No vigorous physical activity for 24 hours. It is a good idea to limit your activity staying off your feet until the next morning. In addition to this, strenuous exercise while sitting down can potentially cause problems too. It is best to rest and take it easy for the first 24 hours.
3. Continue taking your antibiotics as described earlier.
4. Expect blood in semen for 6-12 weeks.
5. Call the doctor if there is excessive bleeding or infection, i.e. fever, difficulty urinating, etc.
6. Follow up at your appointment listed above for your pathology report. This will be at least a week later. The pathology report takes a week or so to get back.

PLEASE NOTE:

In addition to charges incurred for services at our office today, you will also be receiving a bill from an independent laboratory processing your biopsy specimen.