



Patient Information Sheet

Transrectal ultrasound (TRUS) - guided prostate biopsy

Why do I need this procedure?

An abnormal prostate-specific antigen (PSA) level or an abnormal digital rectal examination may indicate the presence of prostate cancer. Your Urologist has recommended that you undergo a TRUS-guided prostate biopsy to help determine if there is cancer in your prostate.

What is a TRUS-guided prostate biopsy?

During a prostate biopsy, small tissue samples are taken from the prostate gland. For this procedure, the doctor will pass a small ultrasound probe into your rectum to take pictures of your prostate. A needle will be passed through the probe into your prostate to remove the tissue samples. These samples are sent to a laboratory and viewed under a microscope to see if prostate cancer cells are present.

A prostate biopsy is typically uncomfortable. Therefore, a local anesthetic is usually administered at the time of the procedure to reduce this discomfort.

What should I do before the biopsy?

- Do not take any aspirin, aspirin-like medications (such as Advil, Aleve, Goody's Powder, or Motrin), or Vitamin E supplements for 10 days before the prostate biopsy.
 - Tell your urologist if you take blood-thinning medications such as Coumadin (warfarin), Plavix (clopidogrel), Persantine, or Aggrenox (dipyridamole).
 - Tell your urologist if you have any prosthetic device or have a heart condition that requires you to take antibiotics before a dental appointment.
 - Take the antibiotic that has been prescribed for you the day before and the day of the biopsy.
 - Use a Fleet enema on the morning of the procedure.
 - Drink only clear liquids, such as juice, coffee, or tea, on the morning of the procedure.
- Bring a family member or friend who can be responsible for your transportation home.

What can I expect after the biopsy?

Following the biopsy, do not perform any activity that requires heavy lifting or straining. You may resume your normal activities the day after the biopsy.

You may see a small amount of blood in your urine or when you have a bowel movement (from rectal bleeding) for several days following the biopsy. It helps to drink plenty of liquids (at least 8 oz. every 2 hours) for 1 to 2 days to clear your urine. You may see blood in your semen for up to 6 weeks.

If you experience fever, chills, fatigue, difficulty urinating, or if the bleeding gets worse, contact your urologist immediately.

When will I get my results?

It will take approximately _____ days to get your results from the laboratory.

You should call 336-716-4131 to get your results.

Our office will call you with your results.

Additional information: (You may also want to write down any questions you may have for your Urologist on the back of this sheet.)