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Prostate Biopsy

Pre-Procedure Instructions for Patients

ABOUT YOUR PROCEDURE

A prostate biopsy takes small tissue samples from the prostate so they can be examined under a microscope. It is the only way to know for certain whether prostate cancer is present. Your biopsy has been recommended because of an elevated PSA, an abnormal exam, an abnormal MRI, or a combination of these.

Ultrasound guides the needle, and if you had an MRI, those images may be fused with the ultrasound so specific areas can be targeted. Typically 12 or more samples are taken. The procedure is done in the office and takes about 15 to 20 minutes.

MEDICATIONS — READ CAREFULLY

- **Antibiotic:** You will be prescribed an antibiotic. **Start it exactly as directed** — usually the day before or the morning of — and finish the entire course. This is the single most important step in preventing infection.
- **Blood thinners:** If you take aspirin, warfarin (Coumadin), clopidogrel (Plavix), apixaban (Eliquis), rivaroxaban (Xarelto), NSAIDs, fish oil, or vitamin E, **ask the provider who prescribes them whether it is safe to stop**, typically 5 to 7 days beforehand. Do not stop any prescription medicine on your own.
- Continue all other regular medications unless told otherwise.

THE DAY BEFORE

- Fill your prescriptions and start your antibiotic as directed.
- **If you were given an enema**, use it as instructed — usually the evening before or the morning of. This improves image quality and reduces infection risk.
- Arrange for someone to drive you home if you were prescribed a medication to help you relax.
- Plan a quiet rest of the day afterward.

THE DAY OF YOUR PROCEDURE

- Eat a light meal — you do not need an empty stomach unless told otherwise.
- Take your antibiotic and other medications as instructed.
- Use your enema if directed.
- Wear loose, comfortable clothing.
- Bring your medication list, insurance information, and photo ID.
- Empty your bladder when you arrive.

WHAT TO EXPECT

You will lie on your side with your knees drawn up, or in stirrups. A slim ultrasound probe is placed to image the prostate, and numbing medicine is injected around it — you will feel a brief sting and pressure. Once numb, the biopsy needle takes samples with a quick snapping sound. Each sample takes a second; you will feel a thump or pinch rather than sharp pain.

Results usually take about one week. We will contact you, and a follow-up visit is typically arranged to discuss them.

WHEN TO CALL THE OFFICE

Call 909.236.3333 before your procedure if you develop signs of a urinary tract infection, fever, or any other illness, if you are unable to tolerate the antibiotic, or if you were unable to stop a blood thinner as directed.

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