

Instruction for Prostate Ultrasound and Biopsy

Issue:

You have an elevated PSA of _____ (normal value is less than 4.0) and/or a prostate nodule. An elevated PSA and/or prostate nodule can be indicative of prostate cancer. The higher the PSA, the greater the likelihood of finding prostate cancer (i.e., values over 20 are usually associated with prostate cancer)

Recommendation:

Ultrasound of Prostate and Biopsy of Prostate

- a. This is a 10 to 15 minute procedure performed in the office.
- b. There is only minimal discomfort from the procedure.
- c. After the procedure, you may see some blood in the urine and bowel movements.

Possible Risks of the Procedure:

Infection that rarely requires hospitalization. Your taking of antibiotics, both prior to and after the procedure minimizes the risk of infection. Prolonged bleeding in the semen, urine or bowel may occur. Your avoiding aspirin or anti-inflammatory medications (Tylenol is okay) for 1 to 2 weeks prior to the procedure and several days afterward will reduce this risk.

Preparation:

1. Continue with your normal diet. Please eat a light meal before your procedure.
 2. If you take any medications, continue then the day of the procedure.
 3. Stop Aspirin or anti-inflammatory medications (i.e. Motrin, Advil, Ibuprofen, etc) 2 weeks prior to procedure. (Tylenol is okay)
 4. Take a Fleets Enema 1 to 2 hours before the procedure.
- Fill the prescribed antibiotic that was given to you at your pharmacy. Take antibiotic (Cipro) as follows:
- One pill twice a day, the day before the procedure.
 - One pill twice a day, the day of the procedure.
 - One pill twice a day, the day after the procedure.

Instructions for After Biopsy:

1. May take Tylenol for discomfort.
2. Avoid strenuous activity for 24 hours.
3. No sexual activity for 1 week.