

## **PROSTATE BIOPSY PREPARATION**

DEAR SIR,

DUE TO AN ELEVATED PSA BLOOD TEST OR ABNORMAL FINDINGS ON DIGITAL RECTAL EXAM, IT IS A POSSIBILITY THAT YOU MAY HAVE PROSTATE CANCER. AS A RESULT, YOU HAVE BEEN SCHEDULED TO UNDERGO A TRANSRECTAL ULTRASOUND AND BIOPSY OF THE PROSTATE GLAND. THIS WILL BE DONE IN THE LOMA LINDA UROLOGY OFFICE SUITE 1100.

IN PREPARATION FOR THIS EXAMINATION, YOU SHOULD FOLLOW THE INSTRUCTIONS LISTED BELOW:

1. OBTAIN ONE **ADULT FLEET ENEMA** AT YOUR LOCAL PHARMACY AND USE AS INSTRUCTED ONE TO TWO HOURS PRIOR TO YOUR BIOPSY.
2. **TAKE THE ANTIBIOTICS AS INSTRUCTED.** ADDITIONAL ANTIBIOTICS MAY BE GIVEN TO YOU THE DAY OF THE BIOPSY. PLEASE NOTIFY THE TECHNICIAN IF YOU HAVE AN IMPLANT, PROSTHETIC HEART VALVE OR ARTIFICIAL JOINTS. **IF YOU WERE GIVEN A PRESCRIPTION FOR A VALIUM, YOU CANNOT DRIVE YOURSELF HOME. PLEASE BRING A DRIVER.**
3. **DO NOT TAKE ASPIRIN** OR ASPIRIN PRODUCTS STARTING 5 DAYS PRIOR TO THE BIOPSY DAY. IF YOU ARE ON COUMADIN OR ANY OTHER BLOOD THINNER, PLEASE INFORM THE TECHNICIAN. THEY WILL NEED TO BE DISCONTINUED UNDER THE SUPERVISION OF YOUR PRIMARY CARE DOCTOR OR YOUR CARDIOLOGIST. IF YOU BRUISE OR BLEED EASILY, PLEASE LET THE TECHNICIAN KNOW.
4. YOU DO NOT HAVE TO FAST FOR THIS PROCEDURE, BUT IT IS RECOMMENDED THAT YOU HAVE A LIGHT BREAKFAST ON THE MORNING OF THE PROCEDURE.

THE PROCEDURE IS PERFORMED WITH YOU LYING ON YOUR LEFT SIDE WITH YOUR KNEES BENT TOWARDS YOUR CHEST. THE ULTRASOUND PROBE IS PLACED INTO THE RECTUM AND PICTURES ARE TAKEN OF THE PROSTATE AS WELL AS SURROUNDING AREAS. THE BIOPSIES ARE THEN OBTAINED BY PASSING A SMALL NEEDLE INTO THE PROSTATE UNDER ULTRASOUND GUIDANCE. THE PROCEDURE IS UNCOMFORTABLE, HOWEVER IT IS RARE TO EXPERIENCE SEVERE OR PERSISTENT PAIN. THE PROCEDURE NORMALLY TAKES 30-45 MINUTES TO COMPLETE. THE RESULTS OF THE BIOPSY WILL BE DISCUSSED WITH YOU, USUALLY 10-14 DAYS LATER. (THIS MUCH TIME IS NEEDED FOR ACCURATE DIAGNOSIS OF THE BIOPSIES.)

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL... 800 350 5573  
**LOMA LINDA UROLOGY MEDICAL GROUP**  
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