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3 Hospital Plaza, Suite 200, Old Bridge, N.J. 08857 Tel: (732) 679 2010 Fax: (732) 679 2077

Instructions for Prostate Biopsy

The ultrasound guided needle biopsy of the prostate is a simple, relatively painless procedure done through the rectum. The doctor uses a rectal probe to produce an image of the prostate on a screen. No sedation is required for the biopsy, only a local anesthetic. After injection of the local anesthetic, typically 6 biopsies are taken from the right side of the prostate and 6 from the left side. The procedure generally takes less than 10-20 minutes.

1. If you have cardiac valve disease, please notify your doctor so that he can prescribe appropriate antibiotic medication.
2. If you have any medical implants (excluding eye lens implants or teeth), please notify the doctor so he can prescribe appropriate antibiotic medication.
3. If you are taking any blood thinning medication including Aspirin or Aspirin containing products, Plavix, Coumadin, Persantine, Plavix or Trental, you must contact your prescribing physician for permission to stop these medications 5 days before the biopsy and 2 days after the biopsy. Do not stop these medications without your physician's approval. If your physician does not allow you to stop the medications please contact our office for further instructions.
4. If you take vitamins and / or dietary supplements on a regular basis please discontinue these supplements for 5 days before the biopsy and for 2 days after the biopsy.
5. Take a FLEET ENEMA at approximately 8pm the night before your biopsy
6. There are no eating restrictions prior to your biopsy. We strongly recommend that you have a normal breakfast and / or lunch prior to the biopsy.
7. On the morning of the biopsy, remember to take your regularly prescribed medication excluding medication that were stopped for the biopsy.
8. Please arrive 15 minutes before your appointment time. On the day of the biopsy, it is a requirement that an adult accompany you to drive you home. Do not plan to drive for 2 days following the biopsy.
9. OUR OFFICE WILL CALL YOU TO CONFIRM YOUR APPOINTMENT APPROXIMATELY ONE WEEK PRIOR TO YOUR APPT. IF WE LEAVE A MESSAGE, PLEASE CALL US BACK WITHIN 3 DAYS TO CONFIRM! IF YOU DO NOT RETURN OUR CALL, YOUR APPT WILL BE CANCELLED. IF YOU DO NOT KEEP YOUR APPOINTMENT, YOU WILL BE CHARGED A FEE OF \$50.00. THIS ADMINISTRATIVE FEE IS NOT COVERED BY INSURANCE AND WILL BE YOUR RESPONSIBILITY.



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POST BIOPSY INSTRUCTIONS

1. There are physical restrictions following the biopsy, so as to prevent bleeding. It is important to relax for 2 days following your prostate biopsy. No straining, exercise, or physical exertion of any kind. You may not work for the 2 days following the biopsy.
2. You may expect to see some blood in your urine and/or have some rectal bleeding with a bowel movement for the next 48 hours. If you continue to bleed beyond then, notify the office. Do not strain to have a bowel movement.
3. No sexual activity for 3 days following the biopsy. It is not abnormal to see some blood in the ejaculation (semen) after having a prostate biopsy. The ejaculate may be discolored for several days or weeks following the biopsy.
4. Take the antibiotic medication as directed.
5. Drink lots of fluids (excluding alcohol) for the next 48 hours.
6. Resume medications that were stopped for the biopsy 72 hours after the biopsy.
7. Call the office immediately if you develop fever and/or chills, a general poor feeling or a grossly bloody urine, rectal bleeding or pain.
8. In the early evening on the day of the biopsy, a nurse from the office will call you to see how you are doing.
9. **Please call the office before your follow-up appointment to make sure we have the results of the biopsy.**

*****Please note***** A computer generated confirmation of your appointment over the phone **DOES NOT** mean your results are in the office. Please call before your appt. to check if your results are in. Thank you.