

# Prostate Biopsy: What You Need to Know

## Overview

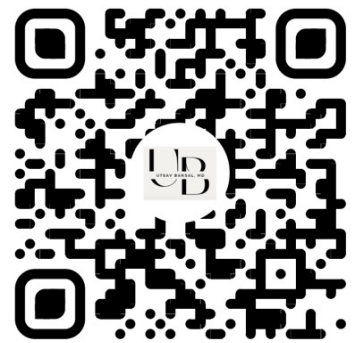
- A prostate biopsy is a procedure where **small samples of tissue** are taken from the prostate. It is the **only way to know for sure** if prostate cancer is present.
- You may be advised to undergo a prostate biopsy due to:
  - ❑ **PSA (prostate-specific antigen)** blood test is elevated or rising
  - ❑ **Abnormal digital rectal exam (DRE)**
  - ❑ **Abnormal prostate MRI** showing suspicious lesions

## Procedure

- >90% of men undergo a prostate biopsy in the clinic under local anesthesia.
- An ultrasound probe is placed in the rectum to visualize the prostate and a small needle takes tiny tissue samples (“cores”), approximately 12-18 cores
- In the event you had a prostate MRI prior, an **MRI fusion biopsy** may be performed
- This may be performed **through the rectum (transrectal)** or **below the scrotum (transperineal)**

## What to Expect

- **Will it hurt?**
  - You may feel pressure or quick pinches
  - Most men describe **mild to moderate discomfort**
- **What happens after the biopsy?**
  - **Blood in urine or stool** for up to one (1) week
  - **Blood in semen** for several weeks
  - Mild soreness
  - A severe infection (sepsis) occurs in <5% of patients
  - *If you develop fevers/chills, please go to your local ER and notify our office.*



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# Prostate Biopsy: Instructions

**Aventura**  
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Aventura, FL 33180  
(305)682-2580

**Memorial Regional**  
1150 North 35<sup>th</sup> Avenue  
Suite 670  
Hollywood, FL 33021  
(305)682-2580

**Memorial West**  
601 North Flamingo Road  
Suite 401  
Pembroke Pines, FL 33028  
(305)682-2580

**Biopsy Date:** \_\_\_\_\_

**Time:** \_\_\_\_ : \_\_\_\_

Stop taking all **blood thinners** 7 days prior to your biopsy (Coumadin, Aspirin, Ibuprofen, Excedrin, Fish oil)

Take **cipro 500mg** twice daily for 3 days (7a & 7p):

*Day before* |  *Day of biopsy* |  *Day after*

Please perform **fleet enema** morning of your procedure (7am)

**Eat breakfast** prior to your biopsy

## Pick up from pharmacy:

1. Cipro 500mg twice daily
2. Fleet enema x 1
3. Valium 5mg (take once you have arrived to your appointment)

## When will I get results?

1. Results usually return in **1–2 weeks**
2. Your doctor will explain:
  - Whether cancer is present
  - How aggressive it is (if found)
  - Treatment plan or follow-up

**Follow-up appointment:** \_\_\_\_\_



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