

**Instructions for Prostate Biopsy and Transrectal Ultrasound of the prostate**

If you have had an elevated PSA level, which is determined by blood work, or an enlarged prostate, then your doctor has requested that you have a prostate ultrasound and biopsy done.

1. One week before: **NO ASPIRIN OR ANTI INFLAMMATORY MEDICATIONS, one week before** your appointment. This includes: Aleve, Naproxen, Naprosyn, Motrin, Meloxicam, and Miroxicam, Ibuprofen, Celebrex, Plavix, and Coumadin. Also any vitamins or herbal supplements which would include fish oil or omega 3 fatty acids, (to include Lovaza), will need to be stopped at that time.
2. Begin the day before instructions with your antibiotics, as directed.
3. The day of the test: You will need to administer a disposable fleet's enema, two hours prior to you leaving your home for your test. The enema may be purchased at any drug store.
4. After your test:
  - a. Plan to return home and rest the day of the procedure.
  - b. You may notice some rectal bleeding or blood in your urine for a few days. This is normal.
  - c. You may notice blood in your semen for a few weeks after the procedure. This is normal.
  - d. You may resume sexual activity and exercise in a few days.
  - e. Call the office if you experience:
    - Fever over 100.4
    - Excessive bleeding (urine or rectal)
    - Difficulty urinating

Patients Name: \_\_\_\_\_

Physician:            Dr. Beamon    Dr. Becker    Dr. Carey

                                 Dr. Dumont    Dr. Hoffman    Dr. Sell    Dr. Szlyk

Date of Biopsy: \_\_\_\_\_ Time: \_\_\_\_\_

Date of results: \_\_\_\_\_ Time: \_\_\_\_\_