

Patient Preparation for Transperineal Prostate Biopsy

Your doctor has scheduled you for a transperineal prostate biopsy. Below are the instructions that you must follow.

ONE WEEK BEFORE THE BIOPSY:

- Plan to stop taking all aspirin and blood-thinning medications—failure to stop these medications may result in the cancellation of your prostate biopsy. If not stopped these drugs can increase your risk of bleeding from the procedure.
 - **Attachment A** includes a list of medications that should be stopped 7 days prior to your prostate biopsy.
 - **Attachment B** includes a separate list of medications that require a physician to determine when you should stop taking prior to the procedure.
 - If you are taking a medication listed in **Attachment B**, call your physician at least 1 week prior to your procedure for further instructions. Additionally, call your physician if you have any questions about stopping your blood-thinning medications, or, if you do not see your drug on the list.
 - After your procedure your physician will advise you when to resume taking your blood thinning medications.
- Purchase a Fleets Enema kit at your local drug store. You will use this the morning of the prostate biopsy.
- IF YOU CANNOT KEEP YOUR APPOINTMENT PLEASE CALL YOUR PHYSICIAN'S OFFICE TO RESCHEDULE YOUR BIOPSY.

THE DAY OF THE BIOPSY

- Eat a regular breakfast and/or lunch.
- Use the Fleets Enema as directed on the packaging two hours before your prostate biopsy.
- Drink plenty of fluids.
- Come to the ambulatory surgical center at Green Spring Station Pavilion III at the stated arrival time, this will be before your actual biopsy time.

YOUR PROSTATE BIOPSY PROCEDURE

Your preparations should all be completed and you should now be in the surgical center at your scheduled arrival time. You will be registered and then seen by a member of the nursing staff, who will get you ready for the procedure. Please arrive with enough urine in your bladder because you may be asked to give a urine specimen. You will then be asked to put on a hospital gown and will be positioned on the exam table for your prostate biopsy. A nurse will then place a type of numbing medicine known as lidocaine jelly into your rectum. Your urologist will inject more lidocaine to block the nerves around the prostate after insertion of the ultrasound probe into the rectum.

Your urologist will measure the size of your prostate and if you are having an MRI/fusion biopsy the MRI and the ultrasound images will be aligned. Then, the biopsy specimens will be taken. You will hear a “click” and may feel pressure as the biopsy is performed. Your urologist may take up to 12 or more specimens depending on your particular situation. However, it takes just several minutes to complete the biopsy portion.

After the prostate biopsy is completed you will be brought to the post-operative care area. Before you are discharged, you will be asked to urinate into a specimen cup to check for bleeding. Your urologist and/or nursing staff provider will go over all of the instructions you should follow after your prostate biopsy.

AFTER YOUR PROSTATE BIOPSY

- Eat as you normally do.
- You may see blood in your urine (with or without clots) for 24-72 hours. Please drink enough fluids so that your urine is clear yellow or pale pink (8-12 eight ounce glasses) to prevent more clots from forming.
- No straining for 2 days after your prostate biopsy.
- You may resume aspirin when you have seen no blood in your urine for 3 days in a row. Please ask your urologist when you can restart any other blood thinning medications.
- You may see blood in your stool for 24-72 hours.
- You may see blood in your semen when you ejaculate for 4-6 weeks, sometimes more.

WHEN TO CALL YOUR UROLOGIST

Call your urologist **IMMEDIATELY** if you experience any of the following:

- You cannot urinate after the prostate biopsy
- Fever above 101 degrees (F)
- Chills
- Flu-like symptoms even if you think they are unrelated to the biopsy
- Passing excessive clots in the urine and/or stool.

Contact your urologist or call the Urology Clinic at 410-616-7600 between 8 am and 5 pm Monday- Friday. Otherwise, call 410-955-6070 and ask for the urologist-on-call.

Attachment A. List of prescription and over the counter medications that ***must be stopped 7 days prior to your procedure.*** Please consult your doctor if you have any questions.

Actron	Dristan	Pirophen
Advil	Dalteparin	Pepto-Bismal
Alka Seltzer	Doane's Pills	Percodan
APC Tab	Easprin	Propoxyphene Comp.
Anacin	Ecotrin	Relafen
Anaprox	Excedrin	Rufen
Arthritis Pain Tabs	Equagesic	Solprin
Ascriptin	Empirin	Stanback Powder
Aspirin	Etoricoxib	Soma Compound
Aspercin	Fiorinal	Sulindac
Aspergum	Genacote	Supac
Aspirtab	Goody's Headache	Synalgos-DC Caps
Aspro	Halfprin	Talwin
Axotal	Indocin	Tanderil
Bayer Aspirin	Kaopectate	Ticlopidine BC
Powder	Ketorolac	Toradol
Buffasol	Meclomen	Tolectin
Bufferin	Midol	Trigesic
Buffinol	Mobic	Vanquish
Butalbitol	Motrin	Vicoprfen
Butazolidine	Naprosyn	Voltaren
Cardeprin	Naproxen	Zorprin
Celebrex	Nuprin	
Celecoxib	Norgesic	
Clinoril	PAC Tabs	
Cilostazol	Piroxicam	
Darvon Compound	Pamprin	
Disprin	Ponstel	

Attachment B. List of medications that require a physician to determine when you should stop taking prior to your procedure.

Aggrastat
Agrylin
Anagrelide
Angiomax
Apixaban
Argatroban
Arixtra
Bivalirudin
Brilinta
Brilique
Clopidogrel

Coumadin
Dabigatran
Effient
Eliquis
Endoxaban
Enoxaparin
Eptifibatide
Fondaparinux
Integrilin
Jantoven
Xarelto

Plavix
Possia
Pradaxa
Prasugrel
Rivaroxaban
Savaysa
Ticagrelor
Tirofiban
Warfarin
Lovenox
Xagrid