

Prostate Ultrasound with Biopsy **(Transperineal)**

The prostate is a walnut-sized gland in the male reproductive system. It is located just below the bladder and above the rectum.

An ultrasound of the prostate:

- Is a procedure in which a doctor can find problems with the prostate and plan the correct treatment.
- Uses an ultrasound probe that is inserted into the rectum and placed near the prostate.
- Uses sound waves to make a picture that can be seen on a TV screen.
- May include removing a small sample of prostate tissue (biopsy) to send to a laboratory to be looked at under a microscope.
- Take all drugs ordered by your doctor as you have been told.

Preparation

Take all drugs ordered by your doctor as you have been told.

 If you take any of these drugs, herbs and/or supplements, ask for instructions on how to take them the week

before your procedure. You may need to stop these until after the procedure. If you have not stopped them as told your procedure may be canceled. This is not a complete list, so please talk with your doctor or nurse about all drugs, herbs and supplements that you are taking.

- Aspirin
- Blood thinners such as:
 - Coumadin® (Warfarin)
 - Xarelto® (Rivaroxaban)
 - Plavix® (Clopidogrel)
 - Eliquis® (Apixaban)
 - Lovenox®
 - Aggrenox® (Dipyridamole)
 - Brilinta® (Ticagrelor)
 - Pradaxa® (Dabigatran)
- Non-steroidal anti-inflammatory drugs such as:
 - Ibuprofen
 - Naprosyn®
 - Mobic®
 - Celebrex®
- Herbs and/or supplements such as
 - Fish oil
 - Vitamin E

If you are taking any of these drugs for a heart condition or for any other reason, please talk with your heart doctor or doctor who ordered the drugs before stopping them. **Stopping these drugs on your own can be dangerous.**

Morning of the procedure

- Give yourself a fleet enema.
- Take one valium (diazepam) one hour prior. **You will need a driver to and from procedure.**
- ***You may eat regularly. DO NOT FAST***

(Over)

The procedure

Ultrasound

- You will be taken to the procedure room, where you will lie and undress from the waist down.
 - You will be covered with a drape.
- Your doctor may do a digital rectal exam (DRE).
 - This involves inserting a gloved, lubricated finger into the rectum to feel the prostate and check for anything abnormal.
- A transrectal ultrasound probe will be used to scan the prostate and create a picture of it on a monitor.
 - The ultrasound probe is the size of a finger and is inserted into the rectum and placed near the prostate. This helps to clearly see and measure the size of the prostate.
- Try to relax during the procedure to help reduce any discomfort.

Prostate Biopsy

- Prostate biopsies (samples of prostate tissue) will be taken using ultrasound guidance.
- You may feel some discomfort during this part of the procedure.
- Try to relax to minimize any discomfort you may feel.

After the Procedure

- You may see a small amount of:
 - Blood in your urine for about a week
 - Blood in your semen for a few months



Contact your doctor if you have:

- A temperature greater than 101°F (38.3°C)
- Large amounts of bleeding from the rectum
- Large blood clots in your urine
- Trouble passing urine or cannot pass urine at all
- Bad pain that does not get better after you take acetaminophen (Tylenol)

Results

- Your doctor will call you with the results of your biopsy. If you have not been called within 14 days please call our office.

Please Note: You will receive additional charges for your pathology specimens from an outside pathologist and the laboratory from which these services were rendered.