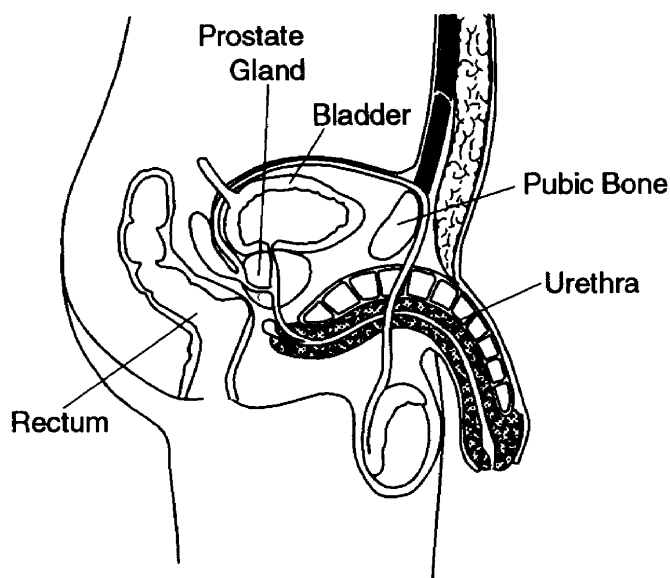


Prostate Ultrasound and Biopsy

Your prostate is a small walnut-shaped gland. It wraps around the urethra, the tube that carries urine from your bladder. The prostate is in front of the rectum and below the bladder.

You and your doctor have talked about the problem you are having with your prostate. Your doctor would like you to have a test called a prostate ultrasound. This test uses sound waves to take a picture of your prostate.



Along with the ultrasound, your doctor may do a biopsy. This means that small samples of your prostate tissue will be removed using a needle. The ultrasound and biopsy will take about 15 minutes to finish.

Please let your doctor know if you are on aspirin or blood thinners.

You must stop taking these medicines before your test to reduce your risk of bleeding. Talk to your doctor about when you should stop these medicines before your test and when to restart them after the test. These medicines include:

- Coumadin (Warfarin)
- Lovenox
- Heparin
- Plavix

More on next page →

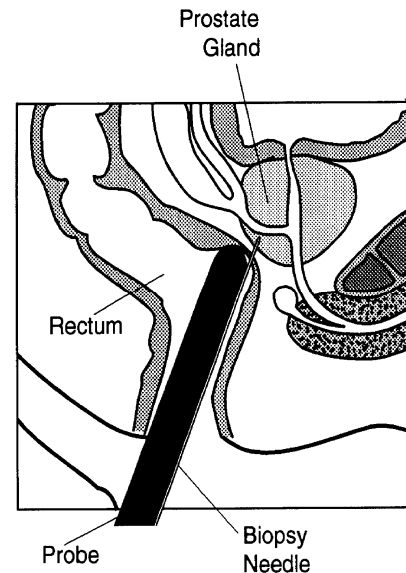
Learn more about your health care.

Before your Ultrasound and Biopsy

- You will need to take an antibiotic 1 day before the test and 2 days after the test. Your doctor will give you a prescription for the antibiotic.
- You may need to use a Fleets enema before the test. Your doctor will give you instructions, if this is needed.
- You will need to arrange a ride home after the test. If this is not possible, we will have you stay in the clinic until you are safe to drive home.
- It is important to tell the nurse if you have seen blood in your urine in the past week.

Prostate Ultrasound

You will lie on your side for this test. A tube-like probe, about 1 inch around and 5 inches long, is covered with a gel filled condom. The doctor gently inserts this probe into your rectum. The probe sends out sound waves, which makes a picture of your prostate on a video screen. Your doctor will look at this picture to see the size and shape of your prostate.



The Biopsy

Small pieces of tissue are taken from your prostate during a biopsy. You will be given a local anesthetic into the rectum before the procedure starts. Your doctor will put a needle into a small hole through the probe. You will feel slight discomfort when the needle goes into your prostate to remove a piece of tissue.

The tissue will be sent to a lab for testing. **Your doctor will call you or have you come in for an appointment to talk about your biopsy results in about two weeks.**

After your Ultrasound and Biopsy

You may have some side effects after your biopsy:

- Bleeding from your penis and/or rectum for a few days after your biopsy
- Burning when you pass urine or the need to go to the bathroom more often and more urgently
- Discomfort in your scrotum (sac) for a few days
- Bloody or brown color in your semen when you ejaculate. This may last for 30-90 days

Some things you can do to help ease these effects:

- Drink plenty of fluids, at least 8 cups each day, to help flush out your bladder.
- Soak in a warm bath for 20 minutes twice a day to ease scrotal discomfort.
- Limit your exercise and sexual activities for at least 72 hours after your biopsy.
- **Take all of the antibiotics your doctor ordered for you after your biopsy.** This will help reduce your chance of getting an infection.
- If you were taking aspirin or blood thinners before the test, ask your doctor when to start taking them again.

When to Get Medical Help

Go to the nearest Emergency Department if you:

- Have fever above 101 degrees or chills
- Bleeding from your penis or rectum with clots
- You cannot urinate (pass urine)

✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**