

Scioto Valley Urology

Transrectal Ultrasound and Prostate Biopsy Preoperative Instructions

A prostate biopsy is performed by insertion of an ultrasound probe into the rectum. A small specimen of prostate tissue is removed with a small biopsy needle. Usually, several areas of the prostate are biopsied to ensure accurate sampling of the prostate.

There are several indications for prostate biopsy. The most common are elevated PSA, significant increase in PSA from one year to the next, and a prostate nodule on digital rectal examination.

Please observe the following:

Notify us if you are taking any medications. These include common over the counter medications such as aspirin or Motrin.

Take all prescription medications, unless otherwise directed. **Do not** take any aspirin or aspirin like products for **seven** days prior to the biopsy or **five** days after.

You **may** eat an early **light breakfast** or early **light lunch** depending on your scheduled appointment time.

Use a Fleets enema the morning of the biopsy. The fleets enemas are sold at your local drug store. A picture of a Fleet enema package is shown on the last page of the instructions.

If you develop a cold or other illness, **please** call the office at 614-222-3369 to arrange an alternate date for your biopsy.

Wear comfortable, loose fitting clothing.

Lastly, take the antibiotics prescribed or provided. Take one tablet the night **before** the biopsy and one the **morning of** the biopsy. Take the remaining pills as directed.

The procedure will take approximately 30 minutes. You will be sent home for light activity only for two days. We want no strenuous activity or heavy lifting for one week. You will be provided with a **Postoperative Instruction Sheet** after the biopsy.

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YOUR SURGERY MAY BE CANCELLED

The most common reason why your surgery may be **cancelled** is because you have failed to **stop** your aspirin or aspirin-like drugs. These drugs, which are taken for numerous reasons, can inhibit your body during surgery from naturally forming clots. If this happens, excessive bleeding may occur, requiring transfusion or re-operation. Therefore, please **discontinue all aspirin or aspirin-like products** for

SEVEN DAYS

prior to your surgery. Many medications **contain** aspirin, so you must question every medicine that you will take during this period. Tylenol and acetaminophen **are acceptable** alternatives during this pre-surgical period. If you have any questions, please ask the doctor or nurse.

SOME COMMON ASPIRIN CONTAINING MEDICATIONS

Actron, Advil, Aleve, Alka-seltzer, Anacin, Anaprox, Ansaïd, Arthrexin, Arthritis Pain Formula, Ascriptin, Bayer Aspirin, Bufferin, Cama, Cataflam, Clinoril, Coumadin, Daypro, Diclofenac, Ecotrin, Excedrin, Excedrin Double Strength, Excedrin Migraine, Feldene, Fenoprofen, Fenopron, Flurbiprofen, Proben, Indocin, Indocid, Indomethacin, Ibuprofen, Ketoprofen, Ketorolac Tromethamine, Lodine, Motrin, Nabumetone, Naprogesic, Naproxen, Naproxyn, Nuprin, Nalfon, Orudis, Oxaprozin, Persantine, Pirox, Piroxicam, Rufen, Rhodis, Relafen, Relifex, Saldac, Saleto, Sulindac, Tolectin, Toradol, Trendar, Vanquish, and Voltaren. There are many others, so consult your pharmacist or doctor if you have any questions concerning your medications and their interference with clotting.

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SOME ADDITIONAL RECOMMENDATIONS AND GUIDELINES

1. All **aspirin or aspirin containing** medications off for **seven (7)** days
2. If on **Coumadin, Heparin, or Lovenox** your PT, PTT, and INR must return to normal prior to surgery.
3. All anti-platelet medication must be stopped for:
 - Ticlid** for **fourteen (14)** days
 - Plavix** for **seven (7)** days
 - Persantine** for **three (3)** days
4. **Celebrex and Mobic** can be **continued** until the morning of surgery.

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