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PRE & POST- PROSTATE NEEDLE BIOPSY INSTRUCTIONS

PRE-PROSTATE NEEDLE BIOPSY INSTRUCTIONS

You have been scheduled for an Ultrasound Guided Biopsy of the prostate. This procedure is performed to determine if a prostate cancer is present. This is a minor procedure that takes about 15 minutes and requires no anesthesia.

- Do a fleet enema morning of biopsy.
- Arrive one hour prior to your scheduled biopsy for antibiotic injections.
- Depending on provider preference, you may be offered Valium, Norco or both. Take (1) Valium (1) hour prior to biopsy and (1) Vicodin (1) hour prior to biopsy.
- **NO BLOOD THINNERS** are to be taken for five (5) days prior to the appointment. If you take blood thinners such as Coumadin, Warfarin or Plavix ask your physician about adjusting or stopping these medications 5-10 days prior. (SEE ATTACHED LIST FOR BLOOD THINNING MEDICATIONS)
- **If you have cardiac stents, let us know.** We will need to discuss this with your primary care doctor.
- Be sure to eat before your appointment - No fasting is necessary.
- Please arrange for ride home from your appointment.
- Let us know if you have a new joint, artificial heart valve or a problem with your heart valves.
- If in the last 90 days you have been on a 2-to-4 week course of Cipro/Levaquin, please let us know prior to your appointment.
- Provider Preferences:
 - Amir Beshai – Valium
 - Kurt Strom – No Valium
 - Nicholas Westfall – Valium
 - Michael Murray – Valium and Norco
 - Caleb Stepan – Valium if patient has anxiety
 - Timothy Vanadurongvan – Valium

Blood in the urine, rectum or in the semen is to be expected. None of these conditions are harmful. Bloody urine may last several days to a few weeks and bloody semen may be noticeable for 4 to 6 weeks.

Call your physician if you develop a fever or difficulty urinating.
If you have any questions or concerns, please call (970) 243-3061.

YOU WILL NEED TO GIVE A URINE SAMPLE PRIOR TO BIOPSY

LIST OF BLOOD THINNING MEDICATIONS

Let us know if you have been on any of these in the last 7 days

4Way Cold Tabs	Cinnamon	Fenoprofen	Mg Salicylate	Red Wine
A.S.A.	Clinoril	Feverfew	Micrainin	Relafen
Advil	Codeine	Fiorinal	Midol	Rexolate
Alcohol	Congesprin	Florinal Tabs	Mobidin	Robassal
Aleve	Cope	Florinal w/Codeine	Monogesic	Robaxisal
Alka Seltzer	Coricidin	Flubiprofen	Motrin	Roxiprin
Amigesic	Coricidin ID	Froben	Na Thiosalicylate	Rufin
Anacin	Corticosteroids	Garlic Capsule	Nabumetone	Saleta
Anaprox	Coumadin	Gelpirin	Nalfon	Salflex
APC	Darvon ASA	Genpril	Naprosyn	Salsalate
Argesic	Darvon Compound	Genprin	Naproxen	Salsitab
Arthropan Liquid	Dasin	Ginko Biloba	Norgesic	Sine Aid
Arthra G	Daypro	Glucosamine	Norwich Ex. St.	Sine Off
Arthrotec	Depakote	Goody's Body Pain	Nurpin	Soma Compound
Ascodeen	Dexamethasone	Halfprin	Nyquil	Sulindac
Ascriptin	Diclofenac	Haltran	Nytol	Synalgos DC
Ascriptin w/Codeine	Diflunisal	Ibuprin	Ocufen	Talwin
Aspergum	Dipyridamole	Ibuprofen	Omega 3	Tanacetum Patheniul (feverfew)
Asprin	Disalcid	Ibuprohm	Orudis	Tolectin
Asprimox	Doan's Pills	Indameth	Oruvail	Tolmetin
Axone	Dolobid	Indocin	Oxybutazone	Torado!
Baby Aspirin	Dristan	Indomethacin	Oxyphenbutazone	Trandate
Bayer	Duoprin-S	Ketoprofen	Oxyprozin	Trenden
BC Powder/Tablets	Duradyne	Ketorolac	Pamprin	Trental
Bromo-Seltzer	Duragesic	Lanorinal	Pamprin	Trigesic
Brufen	Dvialproex	Lodine	Pepto-Bisma!	Trilisate
Bufferin	Easprin	Lortab ASA	Tusal	Vanquish
Bufferin w/Codeine #3	Ecotrin	Lovenox	Percodan	
Buffex	Emperin w/Codeine	Magan	Persantine	Vitamin B12
Buffinol	Empirin	Magnesium	Persantine	Vitamin B6
Butazolidin	Emprazi!	Magsal	Phenaphen	Vitamin E
Cama Arthritis	Endodan	Marnal	Phenaphene	Voltaren
CataFlam	Enoxaprin	Marthritic	Phenylbutazone	Warfarin
Celebrex	Epromate	Meclofen	Piroxicam	Willow Bark
Cephalgesic	Equagesic	Meclofenamate	Plavix	Zactrin
Cheraco! Camps	Etodolac	Medipren	Ponstel	Zaorpin
Children's Aspirin	Excedrin	Mefenamic	Prednisone	
Choline Salicylate	Feldene	Menadob	Quagesic	

POST PROSTATE NEEDLE BIOPSY INSTRUCTIONS

Two Hours After: You will have tenderness, cramping and some blood spotting in the area; this is normal. Having an intense pressure every ten to fifteen minutes or the feeling to pass a bowel movement; instead are passing blood clots; THIS IS NOT NORMAL. Please contact our office or go to your nearest emergency room.

To help with the discomfort you make take over the counter pain reliever such as Tylenol 500mg 1-2 tablets every four to six hours as needed. Please AVOID any Ibuprofen, Aleve, Advil, or Aspirin for at least another twenty-four hours. If you are on blood thinners regularly; please continue with the plan that was discussed prior to biopsy.

Please take it easy for the rest of today and tomorrow. No heavy lifting and normal activities can be done as tolerated.

Two Days After: Your tenderness should start to improve and you should have no more cramping in the biopsy area.

Please be mindful of the following symptoms, fever, chills, nausea, vomiting, body aches, or severe fatigue. If these symptoms occur, please contact our office or go to the nearest emergency room; this could be a sign that an infection is developing in the prostate.

Two Months After: You may have blood in your urine, stool or ejaculate. This is normal. This may come and go over the next several weeks. If your urine consistency changes from watery to thick syrup or soupy; please contact the office; we are not concerned with color changes.

If you have any further questions or concerns, please feel free to contact our office at (970)243-3061

If you have not heard from our office within one week of this procedure, call (970) 243-3061 to obtain the results.