

Prior to your Prostate Biopsy (in clinic procedure room)

- Please **discontinue** the use of aspirin (including Advil, Motrin, and Aleve), and all Blood thinners 7 days prior to the biopsy.
- You will get a prescription for Levaquin (antibiotic) 500MG, 3 tablets. Take one tablet the day before the biopsy, one tablet the day of the biopsy and one tablet the day after the biopsy
- In addition to the Levaquin, you will be given an Antibiotic (Rocephin) injection in clinic
- You will need 2 Fleet enemas which are over the counter. Please do one the night before the biopsy and one the morning of your biopsy before coming in.
- Please arrive 30 minutes before your scheduled time.

Instructions following a prostate biopsy

After a prostate biopsy it is normal to experience the following sensations or symptoms:

- **Burning with urination-** It is normal to feel burning with urination for the first 24-72 hours after the biopsy.
- **Frequent urination** for the first 24-48 hours
- **Blood in the urine-**It is normal to have blood in the urine. This may last anywhere from 12 hours to 4 weeks after the biopsy.
- **Blood in the stool-**You may notice bloody streaks in your stool. This may last for up to 5 -7 days.
- **Blood in the semen-**this may persist for up to 6 weeks after your biopsy

Aftercare after your prostate biopsy

- Drink plenty of fluids to prevent blood clots and infection in the bladder
- If you are unable to urinate notify your doctor immediately.
- Avoid strenuous exercise such as jogging, lifting, golfing, and bike riding for at least 7 days.
- Take your antibiotics as directed and complete the full dose given.
- Avoid sexual activity for 7 days.
- Resume blood thinner as directed by your physician. If there are blood clots in the urine stop all aspirin and blood thinners immediately.

Contact your doctor or nurse if:

- Persistent urinary frequency or burning
- Fever of 101 degrees or greater – Call your doctor immediately
- Urine that is dark red or has clots of blood in it
- Rectal bleeding with clots
- Prolonged or heavy bleeding lasting longer than 7 days