About Your Prostate Biopsy With Ultrasound

This information will help you get ready for your prostate biopsy with ultrasound at Memorial Sloan Kettering (MSK).

Your prostate is a walnut-shaped gland that adds liquid to your semen. It’s located below your bladder in front of your rectum (see Figure 1). It surrounds your urethra (the tube that drains urine from your bladder).

A prostate biopsy is a procedure to collect small pieces of tissue from your prostate. An ultrasound is an imaging scan that uses sound waves to make pictures of the inside of your body. Your healthcare provider will use ultrasound imaging during your biopsy to help them take tissue from the right areas of your prostate.

Figure 1. Your prostate and surrounding organs
After your biopsy, the pieces of tissue will be looked at under a microscope to check for abnormal cells.

Your prostate biopsy with ultrasound is scheduled for ___________________ (date) with ___________________ (healthcare provider).

Before Your Procedure

Tell your healthcare provider if you:

- Take medication to thin your blood (anticoagulants).
- Take steroids (such as prednisone).
- Take any other medications, including herbal or dietary supplements or natural or home remedies.
- Have taken any antibiotics in the past 3 months.

Buy your supplies

☐ 1 saline enema (such as a Fleet® saline enema). You can buy this at your local pharmacy without a prescription.

☐ Oral antibiotic (antibiotic that you swallow), if your healthcare provider tells you to. If you’re taking an oral antibiotic, your healthcare provider will give you a prescription. Read the “Antibiotics” section for more information.

Plan how you’re getting home

Some people feel lightheaded after their procedure. It’s best to have someone take you home after your procedure. They can help you if needed.

5 to 7 days before your procedure

You may need to stop taking some of your usual medications before your surgery. Examples include anticoagulants, aspirin, medications that contain aspirin, and vitamin E. Follow your healthcare provider’s instructions.

You can read about medications that contain aspirin and vitamin E in the resource Common Medications Containing Aspirin and Other Nonsteroidal Anti-
inflammatory Drugs (NSAIDs) (www.mskcc.org/pe/common_meds).

2 days before your procedure

Stop taking nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil® or Motrin®) and naproxen (Aleve®). You can read about NSAIDs in the resource Common Medications Containing Aspirin and Other Nonsteroidal Anti-inflammatory Drugs (NSAIDs) (www.mskcc.org/pe/common_meds).

The Day of Your Procedure

- Do a saline enema the morning of your procedure. Follow the instructions on the box.
- Eat and drink like you usually do. If you don’t eat before your procedure, your procedure might be delayed.

Antibiotics

You will need to take an antibiotic to prevent infection from the biopsy. Your healthcare provider will tell you which antibiotic you will take and give you a prescription. You will take one of the antibiotics listed below.

Oral antibiotics

- Ciprofloxacin (Cipro®) 500 mg (2 tablets)
  - Take 1 tablet 2 hours before your procedure.
  - Take 1 tablet 12 hours later.
- Cefixime (Suprax®) 400 mg (1 tablet)
  - Take 1 tablet 2 hours before your procedure.
- Cefuroxime (Ceftin®) 500 mg (2 tablets)
  - Take 1 tablet 2 hours before your procedure.
  - Take 1 tablet 12 hours later.
Sulfamethoxazole-trimethoprim (Bactrim®) 500mg (2 tablets)

- Take 1 tablet 2 hours before your procedure.
- Take 1 tablet 12 hours later.

Intravenous (IV) antibiotics

Your healthcare provider might decide you need IV antibiotics instead of oral antibiotics. If they do, you will get the IV medication through a vein in your arm 1 hour before your procedure.

During Your Procedure

First, your healthcare provider will gently insert a probe into your rectum. They will put an anesthetic (numbing) lubricant on it to help it slide in easily. Once the probe is in place, they will also give you an anesthetic injection (shot) near your prostate to numb the biopsy site.

The probe uses ultrasound to make images of your prostate. It also has a high-speed biopsy gun with a small, thin needle. This will be used to take each biopsy sample. Your healthcare provider may take up to 18 biopsy samples. You can expect to be in the biopsy room for 20 to 30 minutes.

After Your Procedure

It’s normal to have some soreness or discomfort after your procedure, but most people don’t have pain. If you feel sore, you can take acetaminophen (Tylenol®). If the acetaminophen doesn’t help, call your doctor’s office.

For 3 days after your procedure, try to drink double the amount of liquids that you usually drink. This will help to flush out your bladder, prevent infection, and minimize the amount of blood in your urine. It will also help soften your bowel movements (poop), which helps keep your rectum from getting irritated.
Temporary effects on your bowel movements (poop), urine, and semen

- You might see blood in your bowel movements. You might also have a small amount of bleeding from your rectum. These can happen right after your procedure or for the next few days when you have a bowel movement.

- You might see blood in your urine for 7 to 14 days after your procedure. This bleeding might come and go.

- Your semen might look rust-colored for up to 12 weeks after the biopsy. This is because small amounts of blood might be in it.

Activity

- Plan to stay within 2 hours of MSK for the first 24 hours after your procedure. If you have any problems after your procedure, such as fever or bleeding, you might have to go to MSK’s Urgent Care Center (UCC).

- Don’t engage in any sexual activity for 3 days after your procedure.

- For the next 5 days after your procedure, don’t do any sports, work out in a gym, ride a bicycle, or lift any objects heavier than 10 pounds (4.5 kilograms).

Test results

Your test results will be ready in 5 to 7 days after your biopsy. Your healthcare provider will contact you and explain the results to you. You can also ask for a copy of your results.
Call Your Healthcare Provider Right Away if You:

- Have heavy bleeding out of your rectum
- Have bleeding out of your rectum that won’t stop
- Can’t urinate
- See bright red blood or large clots in your urine
- Have a fever of 101 °F (38.3 °C) or higher
- Have shaking chills
- Feel dizzy
- Have any other problems, questions, or concerns

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.