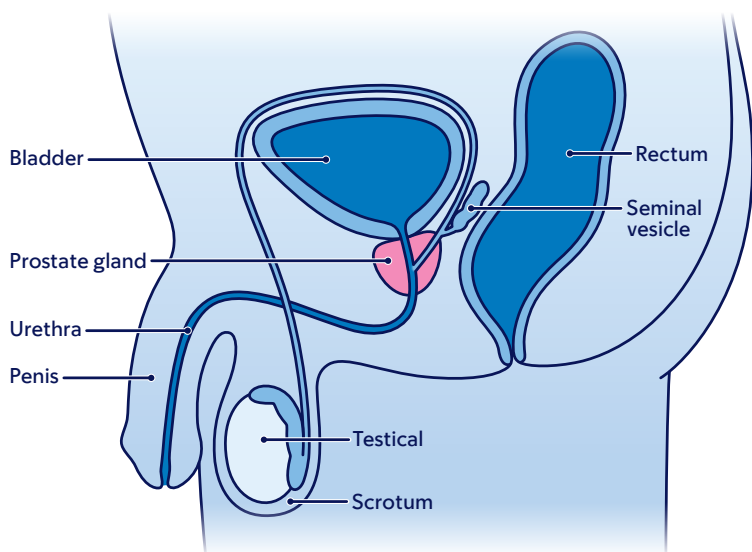


About Your Transperineal Prostate Biopsy with Ultrasound

We recommend filling out this section with your appointment information.

Your transperineal (TRANZ- PAYR- ih- NEE- ul) prostate biopsy with ultrasound is scheduled:

for _____ with _____ at _____
DATE HEALTHCARE PROVIDER LOCATION



Your prostate is a small gland about the size of a walnut. It works with other glands in your body to make semen.

Your prostate is in front of your rectum, below your bladder. It surrounds your urethra, the tube that drains urine (pee) from your bladder.

A prostate biopsy is a procedure to collect small pieces of tissue from your prostate. Your healthcare provider will use a thin needle to collect the tissue. They will put the needle into your prostate through the area between your scrotum and anus. This area is called your perineum (PAYR-ih-NEE-um).

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. It will help them take tissue from specific parts of your prostate.

After your biopsy, your healthcare provider will send the pieces of tissue to an MSK pathologist. The pathologist will use a microscope to check the tissue for abnormal cells.

If you have any questions, contact a member of your care team directly. If you need to reach an MSK healthcare provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

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



Memorial Sloan Kettering
Cancer Center

Get Ready for Your Prostate Biopsy

Before your biopsy

Buy supplies

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

Your healthcare provider may send a prescription for tamsulosin (Flomax) 0.4 milligram (mg) tablets to your pharmacy. Pick up this medication at least 2 days before your scheduled biopsy.

Plan how you're getting home

Some people feel lightheaded after their biopsy. It's best to have someone take you home afterward. They can help you if needed.

If you're not sure if a medication you're taking has aspirin or vitamin E, or contains NSAIDs, visit msk.org/pe/common_meds or point your smartphone at the QR code to the right to learn more.

Talk with your healthcare provider about which medications are safe for you to stop taking. If they give you different instructions, follow those instead.



7 days before

Follow your healthcare provider's instructions for taking your medications

You may need to stop taking some of your medications before your biopsy. Examples include anticoagulants, aspirin, medications that have aspirin, multivitamins, and vitamin E.

4 days before

Start taking Flomax®

Your healthcare provider may send a prescription for tamsulosin (Flomax) 0.4 milligram (mg) tablets to your pharmacy. This medication can make it easier for you to urinate after your biopsy.

You will start taking Flomax 4 days before your biopsy. Take it for a total of 14 days (2 weeks).

2 days before

Stop taking nonsteroidal anti-inflammatory drugs (NSAIDs)

Stop taking NSAIDs 2 days before your procedure. Common NSAIDs are ibuprofen (Advil® and Motrin®) and naproxen (Aleve®). NSAIDs can cause bleeding.

Call or message your MSK healthcare provider if you:

- Take an anticoagulant (blood thinner). An anticoagulant is a medication that affects the way your blood clots.
- Take a steroid, such as prednisone (Deltasone®). A steroid is a medication that helps with inflammation (swelling).
- Take any other prescription or over-the-counter medications, including patches and creams.
- Take any dietary supplements, such as vitamin E, multivitamins, and herbal or home remedies.

Day of Your Prostate Biopsy

We recommend bringing this page or a photo of it to your appointment.

Sample Schedule

Your schedule may be different from this example.

Morning:

Get ready at home

Instructions for eating and drinking before your procedure:

- Eat breakfast like usual. You should not skip this meal.
- Drink plenty of water.

Give yourself a saline enema:

- Follow the directions on the box.

Follow your healthcare provider's instructions for taking your usual medications.

30 minutes before biopsy:

Arrive at MSK

Check to make sure you go to the right MSK location.

- This procedure most often is done at the Kimmel Center, 353 E. 68th Street, Concourse Level.

15 minutes before biopsy:

At MSK

Get ready for the biopsy

- Staff will review the procedure and check your vital signs before we start the procedure.
- If blood work is needed, it will be drawn before the biopsy.
- A gown will be provided to you in the procedure room to change into.

Biopsy time

The exact starting time of your biopsy may depend on the length of the procedure scheduled before yours. Your nurse will talk with you about what time your biopsy will start and if there are any delays.

You will be brought to the procedure room and helped onto the procedure table. You will lie on your back and your feet will be placed in stirrups. 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.

During the biopsy, you will hear a snapping sound. This sound is like snapping a rubber band to your wrist. The biopsy takes about 10 to 15 minutes to get the tissue samples.

When the biopsy is done, the staff will assess you for dizziness or lightheadedness. When it is safe you will be helped off the table to get dressed. You will need to urinate before leaving your appointment.

20 minutes after biopsy

Urinate (pee) before leaving your appointment.

After Your Prostate Biopsy

24 hours after	0-3 days after	0-7 days after	0-12 weeks after
<p><input type="checkbox"/> Talk with your nurse</p> <p>Tell your nurse if you will be more than 2 hours away from MSK during the first 24 hours after your biopsy. If you have problems such as fever or heavy bleeding, we may tell you to go to MSK's Urgent Care Center (UCC).</p> <p>Ask about any medication you were told to stop.</p> <p><input type="checkbox"/> Manage any discomfort</p> <p>It's normal to be sore or uncomfortable after your biopsy, but most people don't have pain. If you feel sore, you can take acetaminophen (Tylenol®). If that does not help, call your healthcare provider's office.</p> <p><input type="checkbox"/> Shower like normal</p>	<p><input type="checkbox"/> Do not have sex</p> <p>You can start having sex 3 days after your biopsy.</p> <p><input type="checkbox"/> Drink plenty of liquids</p> <p>For 3 days, try to drink 8 to 10 cups (2 liters) of liquid each day. This will help flush out your bladder, prevent infection, and lower the amount of blood in your urine.</p>	<p><input type="checkbox"/> Get your results</p> <p>Your test results will be ready 5 to 7 days after your biopsy. Your healthcare provider will contact you and explain the results. You can also ask for a copy of your results.</p> <p><input type="checkbox"/> Do not exercise</p> <ul style="list-style-type: none"> • Playing any sports. • Working out in a gym or outside. • Riding a bicycle. • Lifting anything heavier than 10 pounds (4.5 kilograms). 	<p><input type="checkbox"/> You may see blood in your urine</p> <p>This bleeding may come and go for the next 1 to 2 weeks. Call your healthcare provider if you have bright red blood or large clots in your urine.</p> <p><input type="checkbox"/> Your semen can look rust-colored</p> <p>Your semen can look rust-colored for up to 12 weeks. This is because there may be a little blood in it.</p>

Call your healthcare provider right away if you:

- Have a fever of 101 °F (38.3 °C) or higher.
- Have heavy bleeding from your anus.
- Cannot urinate.
- Have bright red blood or large clots in your urine.
- Are shaking and have chills.
- Are dizzy.
- Have any other problems, questions, or concerns.