



# *Preparing For Your Prostate Biopsy Procedure*

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**It is normal for biopsy procedures to create anxiety for yourself and family members.** This guide is created to help prepare you and your family for discussions around the prostate biopsy procedure. During this stressful time your physician might suggest recording or taking notes during the conversation(s).

*Most prostate biopsies are recommended when:*

- You have a high PSA (Prostate-Specific Antigen) score
- The prostate feels abnormal during a routine exam
- Lumps or other abnormalities were found during a digital rectal exam
- An ultrasound or MRI shows abnormal findings
- A previous biopsy was abnormal but not cancerous

We encourage you to review this checklist of items you should discuss with your urologist prior to having the prostate biopsy procedure. You may have already covered many of these, but if not, it's never too late to ask more questions to ensure you are informed and comfortable with the upcoming surgery.

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## ***Your overall health***

Age, race, diet, and family history play an important part in your prostate health. It is very important to inform your urologist of your medical history including all medications you are taking. It is a good practice to make a complete list of both prescription and over the counter medicines that you take. And always discuss any known allergies you might have to medications, latex or other materials before any procedure.

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## ***Before a prostate needle biopsy***

Usually, the procedure takes place in an outpatient department. It is common for antibiotics to be used to prevent infection.

### ***Questions to ask:***

- Will I have to stop taking ALL of my medication?
- How long before the biopsy will I need to stop taking my medication?
- What kind of medicines or procedures will I need before the surgical biopsy?
- Will I be awake during the biopsy?
- How long will this procedure take?
- Do I need someone to drive me home?

## ***During the needle biopsy procedure***

You will receive an injection of a local anesthetic to allow the biopsy tissues to be removed more comfortably. Your prostate will be examined again and an ultrasound probe is used to guide in the removing of the prostate tissue. The tissue is removed with a spring-loaded needle. The needle enters the prostate gland and removes a small tissue sample very quickly. The Tissue is then placed in a container and sent to a pathology lab for diagnosis.



## After the prostate biopsy

Your medical team will cover all of the basic post-biopsy care procedures. Generally, one may experience some mild discomfort in the biopsy area along with small amounts of blood or discoloration in your urine, semen and rectum for a few days after the test.

### Questions to ask:

- What is considered a small amount of blood in my urine, semen and/or rectum?
- Will I need any medication after the biopsy?
- Do you recommend a special diet?
- Should I continue my prescriptions that I take on a normal basis?
- Will I need to avoid any activities?

## Regarding the results

Waiting for your test results can be the most stressful time of your procedure. Focus on what is best for you, your family and friends.

### Questions to ask:

- How soon will I know the biopsy results?
- Will you or someone else explain the pathology report to me?
- How can I be certain the biopsy results definitely belong to me?

If my biopsy is benign (negative for cancer):

- What kind of follow-up do I need?

If my biopsy is malignant (positive for cancer):

- What is a Gleason score?
- What are my options for treatment?
- When do I start my personal treatment plan?
- Can you tell me about local support groups for prostate cancer patients and families?

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