

HOW TO PREPARE FOR PROSTATE BIOPSY

- Prostate biopsy is usually done to obtain tissue from the prostate for evaluation of raised PSA or prostatic nodule on digital rectal examination
- Prostate biopsy is usually performed by inserting a smooth probe inside the rectum
- It is a short day-care procedure and you will be discharged on the same day unless required otherwise
- Before recommending prostate biopsy, the doctor will prescribe you some blood and urine tests which you should review with him
- In case you are on blood thinners, do let your doctor know because they will need to be stopped 5-7 days before the biopsy unless specifically asked to continue by your doctor
- Your doctor will prescribe you oral medications to empty your bowel one night before the procedure and an enema may be given on the morning of the procedure
- You will also be prescribed antibiotics to be started before the procedure. These reduce the risk of urinary infection
- During the procedure, you will be made to lie on your side or on your back with legs folded. The procedure is usually done under local anesthesia. A lubricant jelly will be inserted into your rectum to make the insertion of the biopsy probe pain free and comfortable
- Multiple tissue pieces will be taken from the prostate with a biopsy needle. During biopsy, you might hear a snap as the doctor fires the needle and there might be slight pinching pain. The procedure is usually over in a few minutes.
- You will be kept under observation for a few hours and will usually be discharged after you are able to pass urine.
- There might be some blood in your stools, urine or semen for a few days after the procedure. *This is normal.*
- The doctor will prescribe you painkillers and antibiotics after the procedure.
- The biopsy report is usually available in 7-10 days.
- *In case of fever or excessive bleeding after biopsy, review immediately*

For emergency, call your doctor or visit the hospital emergency

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