

UROLOGICAL MEDICAL GROUP OF NORTH ORANGE COUNTY
Adult and Pediatric Urology

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PROSTATE BIOPSY INSTRUCTION SHEET

INSTRUCTIONS BEFORE BIOPSY

1. Take the oral antibiotic pill 90 minutes before the test.
2. Please give yourself a **Fleet's enema** on the day of the biopsy. The Fleet's enema may be purchased at any drug store. If the rectum is not stool-free, it may be necessary to reschedule the procedure.
3. You **must eat** a regular diet the day of the procedure.
4. **TELL THE DOCTOR IF YOU TAKE ASPIRIN, ANTI-INFLAMMATORIES*, COUMADIN, PERSANTINE, OR PLAVIX BECAUSE THOSE DRUGS MUST BE STOPPED BEFORE BIOPSY. IT IS ESSENTIAL TO BE OFF THESE MEDICINES FOR ONE WEEK PRIOR TO THE BIOPSY.**
5. Please stop taking any vitamins, herbal supplements, or teas 1 week prior to biopsy.
6. All biopsies and ultrasounds are performed in the **Yorba Linda** office.

INSTRUCTIONS AFTER BIOPSY

1. If you have any fever of 100.6 degrees or greater following the biopsy over the subsequent 3 or 4 days, please report this to the doctor IMMEDIATELY day or night.
2. You might see a small amount of blood at the beginning or end of urination. This is to be expected. Call if the bleeding is continuous or persistent.
3. If you have rectal bleeding or bleeding with a bowel movement, please notify the doctor.
4. Refrain from heavy lifting or strenuous activity (including golf) for 72 hours after the biopsy.
5. NO intercourse for 72 hours after the biopsy.
6. Expect blood in the semen for at least 6 to 8 weeks after the biopsy.

*such as Motrin, Ibuprofen, Aleve, Indocin, Clinoril, Naprosyn (Vioxx and Celebrex are allowed).