

Perineal Prostate Biopsy Preparations

Your doctor has scheduled you for a perineal prostate biopsy. Below are the instructions that you must follow.

ONE WEEK BEFORE THE PROSTATE BIOPSY:

- Stop taking all aspirin and blood-thinning products—failure to stop may result in the cancellation of your prostate biopsy!
 - Attached you will find a list of many drugs containing aspirin, ibuprofen, and blood-thinning medications that should be stopped seven days before your prostate biopsy. These drugs, if not stopped, can increase your risk of bleeding after the prostate biopsy.
 - If you have any questions about stopping your aspirin or blood-thinning drugs, or, if you do not see your drug on the list, please call your urologist's office.
 - Men with a cardiac stent who take aspirin or other blood thinner should call their urologist for specific instructions
- Purchase a Fleets Enema kit at your local drug store so you have it ready for the morning of the prostate biopsy.
- IF YOU CANNOT KEEP YOUR APPOINTMENT PLEASE CALL 410-955-6100 TO RESCHEDULE YOUR BIOPSY

THE DAY OF THE PROSTATE BIOPSY:

- Eat a regular breakfast and/or lunch.
- Use the Fleets Enema as directed on the packaging two hours before your prostate biopsy.
- Drink plenty of fluids.
- Come to the Urology Clinic at the stated arrival time, this will be before your actual biopsy time.

YOUR PROSTATE BIOPSY PROCEDURE

Your preparations should all be completed and you should now be in the Urology Clinic at your scheduled arrival time. You will be registered and then seen by a member of the nursing staff, who will review your preparations (no aspirin, fleet enema, etc.), record your height and weight, measure your blood pressure and pulse, and review all of your medications. Please arrive with enough urine in your bladder because you may be asked to give a urine specimen. You will then be asked to put on a hospital gown and will be positioned on the exam table for your prostate biopsy. A nurse will then place lidocaine jelly into your rectum. Your urologist will inject more lidocaine to block the nerves around the prostate after insertion of the ultrasound probe into the rectum.

Your urologist will measure the size of your prostate; and if you are having an MRI/fusion biopsy the MRI and the ultrasound images will be aligned. Then, the biopsy specimens will be taken. You will hear a “click” and may feel pressure as the biopsy is performed. Your urologist may take up to 12 or more specimens depending on your particular situation. However, it takes just several minutes to complete the biopsy portion.

After the prostate biopsy is completed you will be asked to lie on your back and rest. When you are feeling ready, you will be allowed to get up, wash, and dress. Before you are discharged from the clinic, you will be asked to urinate into a specimen cup to check for bleeding. Your urologist and/or nursing staff provider will go over all of the instructions you should follow after your prostate biopsy.

AFTER YOUR PROSTATE BIOPSY

- Eat as you normally do.
- You may see blood in your urine (with or without clots) for 24-72 hours. Please drink enough fluids so that your urine is clear yellow or pale pink (8-12 eight ounce glasses) to prevent more clots from forming.
- No straining or heavy lifting for 5 days after your prostate biopsy.
- You may resume aspirin when you have seen **NO BLOOD IN YOUR URINE FOR THREE DAYS IN A ROW**. Please ask your urologist when you can restart any other blood thinning drugs on the list.
- You may see blood in your stool for 24-72 hours.
- You may see blood in your semen when you ejaculate for 4-6 weeks, sometimes more.

WHEN TO CALL YOUR UROLOGIST

Call your urologist **IMMEDIATELY** if you experience any of the following:

- You cannot urinate after the prostate biopsy
- Fever above 101 degrees (F)
- Chills
- Flu-like symptoms even if you think they are unrelated to the biopsy
- Passing excessive clots in the urine and/or stool.
- Persistent blood in the urine for more than 3 days.

Contact your urologist or call the Urology Clinic at 410-955-3801 between 8 am and 5 pm Monday- Friday. Otherwise, call 410-955-6070 and ask for the urologist-on-call.

**The James Buchanan Brady Urological Institute
The Johns Hopkins Outpatient Urology Clinic**

The following is a **partial list** of prescription and over the counter medications that may contain aspirin, non-steroidal anti-inflammatory, antiplatelet and blood-thinning (anticoagulant) ingredients. ***These medications must be stopped 7 days prior to your procedure or surgery.*** Please consult your doctor if you have any questions.

Actron	Dristan	Pirophen
Advil	Dalteparin	Pepto-Bismal
Argatroban	Doane's Pills	Percodan
Aggrenox	Easprin	Relafen
Aleve	Ecotrin	Rivaroxaban
Apixaban	Enoxaparin	Robaxisal
Anagrelide	Excedrin	Rufen
Effient	Propoxyphene Comp.	Sine-Off
Alka Seltzer	Equagesic	Solprin
APC Tab	Eliquis	Soma Compound
Apixaban	Empirin	Stanback Powder
Anacin	Etoricoxib	Sulindac
Anaprox	Fondaparinux	Supac
Arthritis Pain Tabs	Fiorinal	Synalgos-DC Caps
Ascriptin	Genacote	Talwin
Aspercin	Goody's Headache	Tanderil
Aspergum	Halfprin	Ticlopidine
Aspirtab	Indocin	Ticagrelor
Aspro	Kaopectate	Toradol
Axotal	Ketorolac	Tolectin
Bayer Aspirin	Lodine	Tolmetin
BC Powder	Lovenox	Trigesic
Buffasol	Meclomen	Vanquish
Bivalirudin	Midol	Vicoprfen
Bufferin	Mobic	Voltaren
Buffinol	Motrin	Warfarin
Butalbitol	Nalfon	YSP
Butazolidine	Naprosyn	Xarelto
Cardeprin	Naproxen	Zorprin
Celebrex	Nuprin	
Celecoxib	Norgesic	
Clinoril	Pradaxa	
Clopidogrel	PAC Tabs	
Coumadin	Piroxicam	
Cilostazol	Pamprin	
Darvon Compound	Plavix	
Dabigatran	Ponstel	
Disprin	Prasugrel	