


You have been scheduled for one of the following out-patient prostate procedures:

\_\_\_\_\_ Prostate Biopsy  
\_\_\_\_\_ Placement of Calypso System  
\_\_\_\_\_ Placement of Fiducial Markers

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

 It is **VERY IMPORTANT** that you **READ, PLAN** and **FOLLOW** these preparation instructions. *Patients who do not follow instructions risk being cancelled **for your own safety**. This will cause inconvenience such as parking, transportation, or lodging costs. Your future diagnosis and treatment may be delayed by not properly following instructions!*

### 2 Weeks before your procedure:

- LOOK AT YOUR MEDICINES. Check with your pharmacist if necessary to see if you take anything that “thins your blood”. **Warfarin, Coumadin, Jantoven, Plavix, Clopidogrel, Xarelto, Rivaroxaban, Pradaxa, Dabigatran Etexilate, Aggrenox, Aspirin/Dipyridamole, Effient, Prasugrel, Pletal, Cilostazol, Lovenox, Enoxaparin, Aspirin, Ibuprofen, Advil, Naprosyn, Motrin, Goody’s/BC Powder, and Aleve** ,“thin the blood” and need to be stopped 7 days before.
- If YES, please call your Primary Care doctor and say:  
*“My urologist needs to biopsy my prostate and is worried about bleeding problems because of the medicine I take. They want me to stop the blood thinner for 7 days before the biopsy. What should I do?”*

Your doctor may call UNC and talk to a urologist at 919-966-1315.

### 7 Days before your procedure:

- Stop blood thinners as instructed. Continue your medications. Remember, the only pain medicine you should take is acetaminophen based medicines such as Tylenol.

### The morning of the procedure:

**Clean your rectum with a Fleets enema at least 2 hours prior to your biopsy.** They are low cost and can be purchased at any drugstore and most grocery stores. It’s OK to buy a similar brand with the same ingredients. Please follow the directions on the package.

- Your physician will prescribe an antibiotic to be started the same day of your procedure. **Please take this at least one hour prior to your appointment time.**
- Plan to arrive at least 15-30 minutes early, to leave time for registration and parking.

**During the procedure:**

- 1) You will be asked to lay on your left side. The physician will re-examine your prostate. A lubricated *ultrasound probe* will be inserted into the rectum. At that time your prostate may be given a local anesthetic. The prostate is then scanned and the doctor will see an image on the screen.
- 2) After the prostate size is measured and scanned, the doctor will then guide the proper instruments to either obtain tissue samples (biopsy patients) or place radiation transponders or markers (Calypso or Fiducial patients).
- 3) These procedures usually last 15-20 minutes, and discomfort is minimal. You will be asked to rest on your side for a few minutes following the procedure.

**After your procedure:**

- 1) Do not exercise, strain or lift any heavy objects for 3 days following the biopsy. This is to prevent the bleeding.
- 2) Do not have sexual intercourse or ejaculate for one week following the biopsy. This is to help prevent further bleeding.
- 3) You can expect to see some blood in your urine, bowel movements and semen for 2-4 weeks after the biopsy. If you have heavy bleeding or pass clots, contact your doctor or go to the Emergency Department.
- 4) If you have a temperature greater than 100 degrees or shaking chills in the first few days after the biopsy, contact your doctor or go to the Emergency Department.
- 5) Mary Dunn, RN, MSN, OCN, NP-C from our Urology Department, will contact prostate biopsy patients in approximately one week with results and you will be given further instructions for follow-up at that time.

If you have any questions or concerns, please call:  
Monday – Friday 8:00AM – 4:30PM  
Urology Clinic 919-966-1315

Evenings, weekends and holidays, please call the hospital operator and ask to speak with the Urologist on call: 919-966-4131