

Prostate Ultrasound and Biopsy

How to prepare and what to expect

This handout explains how to prepare for prostate ultrasound and biopsy. It includes how they are done, risks, and how to get your results.

Your prostate ultrasound and biopsy are scheduled at:

- Prostate Oncology Clinic**, 1st floor of the Surgery Pavilion, UW Medical Center - Montlake campus, 1959 N.E. Pacific St., Seattle, WA 98195
- Men's Health Center**, UWMC - Roosevelt, 4245 Roosevelt Way N.E., Seattle, WA 98105.
- UW Eastside Specialty Center**, 3100 Northup Way, Bellevue, WA 98004

Day: _____ Date: _____ Arrival Time: _____

What are a prostate ultrasound and biopsy?

A prostate ultrasound and biopsy are tests done together to check for prostate cancer. These tests can be done in your doctor's office. The ultrasound allows your doctor to see your prostate. In the biopsy, your doctor will collect tissue samples of your prostate.

Why do I need these tests?

Your doctor may have ordered these tests if you:

- Have a high or rising *prostate specific antigen* (PSA) blood test. PSA is a protein the prostate gland produces. High PSA levels are linked to cancer.
- Had a rectal exam of your prostate with abnormal results.



Talk with your healthcare provider if you have any questions about your prostate ultrasound and biopsy after reading this handout.

How do I prepare for these tests?

These are things you **must** do to prepare for these tests:

- Do **not** take any blood-thinning medicines for 7 days before your tests. Some of these are aspirin, ibuprofen (Advil, Motrin), warfarin (Coumadin), and clopidogrel (Plavix). If you normally take these or any other blood thinners, tell your nurse so we can advise you about this.
- Your doctor will give you a prescription for 3 antibiotic pills:
 - Fill this prescription at your pharmacy.
 - Take the first pill at 8 p.m. the night before your ultrasound and biopsy.
 - Then, take 1 pill every 12 hours until they are gone.
- Buy a Fleets enema at the drugstore. You can buy it without a prescription (over the counter). Use the enema the night before your prostate ultrasound and biopsy. Follow the directions in the Fleets box.
- You may eat your normal foods. Please do **not** skip meals the day of your tests.

Please note: If you do not do all of these things before your ultrasound and biopsy appointment, we may need to reschedule your tests for another day.

What will happen during the tests?

- When you arrive, we will take you into your exam room and ask you to change into a gown. Your doctor will do a simple rectal exam.
- Next, a small *probe* (a device that is finger-like in size and shape) will be placed into your rectum. Ultrasound waves will give us pictures of your prostate. Your doctor will move the probe slightly to give us many different views of your prostate. You will not feel pain.
- Next, your doctor will use a very thin needle to inject a numbing medicine into your prostate. Your doctor will take about 12 very small tissue samples to test for cancer. Normally, this is not painful.
- The entire test will take about 20 minutes.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Prostate Oncology Clinic
UWMC - Montlake campus
1959 N.E. Pacific St.
Seattle, WA 98195

Weekdays 8:30 a.m. to 5 p.m., call 206.598.6088. After hours and on weekends or holidays, call 206.598.6190 and ask for the resident on call for Oncology to be paged.

Men's Health Center
4245 Roosevelt Way N.E.
Seattle, WA 98105
Weekdays 8 a.m. to 5 p.m., call 206.598.6358 and press 2. After hours and on weekends or holidays, call 206.598.6190 and ask for the resident on call for Oncology to be paged.

UW Eastside Specialty Center
3100 Northup Way
Bellevue, WA 98004
Weekdays 7 a.m. to 8 p.m. and Saturdays 9 a.m. to 8 p.m., call 425.646.7777.

What can I expect after the tests?

- You may have a small amount of tenderness in your rectal area for a few hours after your procedure.
- **After the biopsy, it is normal to see some blood in your urine and stool for 1 week.** In some cases, blood in your urine may last for up to 1 month. Before you leave the clinic, we will ask you to urinate to make sure you do not have too much blood in your urine.
- Blood in your semen is common for 2 months.

What are the risks of these tests?

These tests have some risks. Minor risks are blood in your urine, semen, and stool. Infection of your prostate or urinary tract may also occur.

Call your doctor if you have any of these symptoms:

- Fever higher than 101°F (38.6°C)
- Chills
- A lot of pain
- A lot of bleeding or bleeding that lasts a long time

How do I get my test results?

We will call you as soon as we get your test results. We should get them in about 1 week.

If you have not heard from us in 7 working days, please call us and we will check on your results.