

Guidelines for Prostate Biopsy

**Time of arrival: 30 minutes before the time scheduled for the exam;
Patient must bring an accompanying adult;
Bring ALL previous prostate-related exams (PSA testing and prostate ultrasound,
anatomopathological examination, in case of a previous biopsy);**

PREPARATION

- Absolute fasting, including water, for 8 hours (exam conducted with sedation);
- If you use anticoagulant medication such as aspirin, ginkobiloba (tanakan, tebonin), heparin, Coumadin, Enoxaparin sodium and antiplatelet agents such as clopidogrel, Iscover, plavix among others, you should contact the requesting physician for authorization to suspend these medications for seven days before the exam date. (Do not suspend medication without medical authorization).
- Do not suspend daily use medication during the fasting period; ingest them with a small amount of water (except hypoglycemics in the case of diabetics, who should not take the medication during the fasting period);
- Purchase a box with 14 500 MG tablets of CIPRO (prophylactic antibiotic), take two tablets the night before the test and take 1 tablet two hours before the test with a little amount of water;
- After the exam, continue to take the antibiotic, one tablet every 12 hours for five days.
- On the exam day, there will be bowel preparation (washing) in the hospital, prior to the exam.

NOTES

- After the exam, observe rest for wone hour, on average, depending on medical discharge;
- The patient will not be able to drive after the procedure and should only leave the hospital accompanied by an adult;

CLARIFICATIONS AND METHOD

- Sedation is administered by an anesthesiologist;
- Ultrasound equipment is placed in the rectum, attached to a biopsy needle. Guided by the ultrasound, the doctor will choose the best areas of the prostate to obtain the fragments;
- All material collected is sent for anatomopathological examination; the pathologist is referred by your attending physician;
- Any doubts regarding the exam should be clarified by the doctor on the day of the procedure.

POSSIBLE COMPLICATIONS

INFECTION : since the test is performed through the rectum, there is possibility of prostate contamination. To reduce this possibility, the patient is instructed to take an antibiotic. However, even with the preventive use of antibiotics, there is a very small chance of infection. If you have a fever, your urologist should be informed immediately.

BLEEDING: It is common to experience bleeding in rectum, urine and sperm for a few days after the biopsy. Major bleeding is rare.

AFTER-EXAM CARE

- After the biopsy, rest in the hospital for at least 1 hour.
- Do not drive and avoid public transportation or long trips back home from the hospital on the day of the procedure.
- Do not forget to take the antibiotics prescribed.
- Do not work on the day of biopsy and avoid physical exertion or sexual activity for five days.
- There are no dietary restrictions or bath limitations. However, alcoholic beverages must be avoided while taking antibiotics
- It is not a common to experience significant pain, that requires treatment. If this occurs, we recommend the use of common painkillers, except those containing acetylsalicylic acid / aspirin.

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