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# Pre-Prostate Biopsy Instructions

## PROPHYLACTIC ANTIBIOTICS:

If you require prophylactic antibiotics prior to surgical or dental procedures please notify the nurse at the time you call to schedule your appointment. Almost all patients are given an antibiotic pill prior to the procedure but patients with a heart murmur, valvular heart disease or who have had a joint replacement procedure may require additional antibiotics. Check with your primary care physician if you are unsure.

## PRE-PROCEDURE CHECKLIST:

- ◇ 10 days prior stop taking vitamins and supplements (this includes herbal or natural supplements)
- ◇ 10 days prior stop taking aspirin or non-steroidal anti-inflammatories such as Advil. Do not resume these products until 4 days after the biopsy.
- ◇ Any time prior to the day of the procedure pick up a Fleet enema at the pharmacy
- ◇ 2 hours prior to the procedure perform the fleet enema to clean the bowel. Do not eat after the enema.
- ◇ You will be given an oral antibiotic to take in the office when you arrive, **unless you require prophylactic antibiotics prior to medical/dental procedures**; if so, please notify the nurse so you can receive a prescription to take your antibiotic prior to coming to the office.
- ◇ **DO NOT TAKE Antacids** 2 hours before or 6 hours after you take the antibiotic as it may interfere with the effectiveness of the antibiotic. Do not take a multivitamin at the same time as you take an antibiotic.

## Schedule the Procedure

Call Dr. Fulgham's scheduler, Katy, at 214-691-1902 x 2131 to make arrangements for a transrectal ultrasound of the prostate and needle biopsy of the prostate.

This procedure will be performed at one of the locations listed below:

- \_\_\_ 8230 Walnut Hill Lane, Prof. Bldg.3, Suite 700, Dallas
- \_\_\_ Presbyterian Hospital of Dallas, GI Lab, 8200 Walnut Hill Lane, Dallas

The procedure is scheduled for \_\_\_\_\_  
You will need to arrive at \_\_\_\_\_

## Do Not Take Aspirin or NSAIDS, Vitamins or Supplements for 10 Days Prior to Procedure

DO NOT TAKE ASPIRIN OR NON-STEROIDAL ANTI-INFLAMMATORIES (NSAIDS) FOR 10 DAYS prior to the prostate ultrasound procedure. [Stop taking vitamins and supplements 10 days prior](#). This includes herbal supplements. Even if you think the supplement is "natural" it still may have properties which may increase your risk of bleeding. During this time period you may use Tylenol or acetaminophen if needed for pain or fever. Some over-the-counter medicines contain aspirin or anti-inflammatories, so **read the labels**. Examples include ibuprofen, acetylsalicylic acid, and non-steroidal anti-inflammatories (NSAIDS). Examples of anti-inflammatories are Motrin, Bufferin, Advil. Aspirin, NSAID medications and certain vitamins may increase your risk for excessive bleeding. Provided there is no ongoing bruising or bleeding after the procedure you may resume aspirin or non-steroidal anti-inflammatories, vitamins and supplements again starting at 4 days after your procedure.

If you are on a blood thinner medication such as Warfarin, Lovenox, Coumadin, Persantine or Plavix please contact your primary care doctor before discontinuing the medication and discuss with him when you should discontinue the medication and restart it following the procedure. Improper discontinuation of these medications could be hazardous.

## Use a Fleet Enema 2 Hours Prior to the Procedure

**2 HOURS** prior to your appointment use a Fleet enema to clean out the bowel. This may be purchased at any drug store and can be any brand and does not require a prescription. Follow the instructions on the box. You may eat and drink normally until you use the enema, **then DO NOT EAT until after the procedure**. You may drink water. After the sonogram you may resume a regular diet.



## Immediately After the Biopsy

- Go directly home and rest
- Do not do anything strenuous for next 48 hours
- You should not be sexually active for 4 days
- Drink plenty of fluids
- Take the antibiotic as instructed