

Pat Fulgham, M.D.
Urology Clinics of North Texas
8230 Walnut Hill Lane #700
Dallas, Texas 75231
(214) 691-1902

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 214-580-1422 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.



After the Procedure

SYMPTOMS REQUIRING URGENT CARE:

If you experience any of the following call the office immediately at (214) 691-1902. If it is after hours, leave a message for the on-call physician to call you back:

- Fever > 101.5
- Excessive urinary or rectal bleeding
- Excessive or unusual
 - muscle aches
 - fatigue
 - difficulty urinating

- Go directly home and rest after the biopsy.
- Do not do anything strenuous for 48 hours.
- You should not be sexually active for 4 days.
- Drink plenty of fluids.
- Remember to take the antibiotic the day following the procedure; unless instructed otherwise
- It is normal to experience some bleeding from the rectum or to have blood in your urine for a few days after the procedure. You may also notice blood in your semen for four to six weeks following the procedure.
- You may take Extra-Strength Tylenol (acetaminophen) if you experience pain in the rectal area. Follow the directions on the bottle. If this does not control your pain please call the office. **Do not take aspirin or Ibuprofen** or any product containing aspirin (acetylsalicylic acid) or Ibuprofen for at least 4 days after the biopsy as this may increase bleeding.

Follow Up Appointment

FOLLOW UP APPOINTMENT

Date: _____

Time: _____

The timing of a follow up appointment will depend on the biopsy results. If your biopsy pathology report shows that you have prostate cancer you will need to schedule a one hour consultation with Dr. Fulgham.

It takes about one week to get the pathology report back from the lab. We will call you with the results. If you are not home we will leave a message for you to call our office. This doesn't necessarily mean that your diagnosis is prostate cancer, it just means that we want to give the report to you personally rather than leaving a message on a recorder. If you do not receive a call within a week after your biopsy please call us to ask about the results.

If you are told that your pathology showed prostate cancer:

- Schedule a 1 hour consultation with Dr. Fulgham (call 214-691-1902). Please plan to bring your spouse or support person to the consultation with you.
- View the prostate cancer video on Dr. Fulgham's website and read the printed materials on the website. Patfulghammd.com (prostate cancer page)