



Your physician may order a transrectal ultrasound (TRUS) guided biopsy of the prostate as a cancer screen when you have a suspicious rectal exam of the prostate or an elevated PSA blood test. Ultrasound uses harmless sound waves to produce pictures of the prostate and allows us to accurately guide a biopsy needle to the area of concern.

The entire procedure takes 10 to 20 minutes. You may have some soreness around the rectum for up to an hour. The most common risks of the procedure are bleeding and infection. You may also notice blood in the stool or urine for a few days and in semen for up to a month. Call the doctor if you develop fever, chills, severe pain or bleeding.

Preparing for the Procedure

1. Your physician has prescribed antibiotics for you to take prior to your biopsy. Unless otherwise directed by your physician, please follow these directions carefully:

- Levaquin®:** Take one pill the morning **before** the procedure
Take one pill the morning **of** the procedure
Take one pill the morning **after** the procedure
- Keflex®:** Take one pill twice a day, the day **before** the procedure
Take one pill twice a day, the day **of** the procedure
Take one pill twice a day, the day **after** the procedure
- Cipro®:** Take one pill twice a day, the day **before** the procedure
Take one pill twice a day, the day **of** the procedure
Take one pill twice a day, the day **after** the procedure
Do not take CIPRO with vitamins, antacids or caffeine
- Septra:** Take one pill twice a day, the day **before** the procedure
Take one pill twice a day, the day **of** the procedure
Take one pill twice a day, the day **after** the procedure
- Rocephin:** Bring with you on the day of your procedure

2. Purchase a four ounce (4 oz.) Fleet enema from a drugstore. Administer the enema, immediately after dinner the evening **before** your biopsy is scheduled, by following the directions on the box.

3. **Discontinue aspirin or non-steroidal anti-inflammatory medications** (ibuprofen, Motrin®, Advil®, Aleve®) **seven days prior to your procedure.**

4. If you are having **intravenous sedation** for this procedure:

- Do not eat or drink anything after midnight on the day of your procedure, except your normal medications with just enough water to get them down.
- Arrive as directed on the Surgery Instruction Sheet.
- Bring a responsible adult with you to the Center who will drive you home. You may **not** use a taxi.

5. If you are having **local anesthetic only:**

- Feel free to have your normal meals and medications.
- You may drive yourself home.

6. The Surgery Center is located on the campus of Howard County General Hospital in the Medical Pavilion at Howard County, 10710 Charter Drive, Suite 140 in Columbia.

7. Remember to bring your current health insurance card and picture ID.

8. Oral antibiotics can diminish the normal, healthy flora of the bowel leading to GI upset, diarrhea, constipation or even more dangerous bowel infections. We recommend taking one of the following nutritional supplements while on oral antibiotics to help prevent such problems:

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| Activia® dairy products | Yogurt with live acidophilus cultures |
| Align®, a probiotic supplement | Acidophilus nutritional supplements |
| Probiotics (sold at health food stores) | Milk products (cheese, milk, yogurt) |