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UROLOGY  
SPECIALISTS, P.C.

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## PROSTATE ULTRASOUND/BIOPSY INSTRUCTIONS

The following information is provided by *Urology Specialists, P.C.* to help you prepare for your prostate ultrasound and biopsy. Please read and sign these forms and bring them to your appointment.

**There will be a \$50 administrative fee for any biopsy that is cancelled or rescheduled, if 24 hour notice is not given.**

### In preparation for your biopsy:

1. You will need to purchase two (2) *Fleet*<sup>®</sup> enemas from a pharmacy.
2. Use one *Fleet*<sup>®</sup> enema the evening before your scheduled procedure.
3. Have a clear liquid\* meal the evening before the procedure.
4. Use the second *Fleet*<sup>®</sup> enema the morning of the procedure, before leaving for the office.
5. You ARE able to have solid foods the day of the procedure.
6. Fill your antibiotic prescription and take as follows:  
One Cipro and one Bactrim in the morning and one Bactrim in the evening the day **before** the procedure.  
One Cipro and one Bactrim in the morning and one Bactrim in the evening the day **of** the procedure.  
One Cipro and one Bactrim in the morning and one Bactrim in the evening the day **after** the procedure.

\*CLEAR LIQUIDS include broth, bouillon, coffee or tea without cream or milk, Jell-O, popsicles, fruit juices, water, sports drinks, and clear carbonated beverages --- anything you can see through.

\*\*\*\*\***IMPORTANT**\*\*\*\*\*

**STOP** taking any aspirin, aspirin containing products, ibuprofen (Motrin, Advil, Nuprin), Vitamin E, fish oil, garlic, glucosamine/chondroitin (Osteo-Biflex), or any blood thinning medications (Coumadin, Lovenox, Plavix, Ticlid) **10 days** before the procedure.

\*\*\*\*\*

\*\*\*\*\***Please notify us if you are taking Coumadin**\*\*\*\*\*

Stop your \_\_\_\_\_ on \_\_\_\_\_

Your procedure is scheduled on:

Date \_\_\_\_\_ Time \_\_\_\_\_

Location: Liberty Office/ Liberty Hospital/ North Kansas City Hospital

Your biopsy will be performed either in the hospital or in our office at our Liberty office location: Liberty Hospital, Medical Plaza East Building, 2529 Glenn Hendren Dr., Suite 202

\*\*\*Please contact our office one week following the procedure to obtain your test results\*\*\*

**Liberty Office: 816-781-8400**

**What to expect after your prostate biopsy:**

It is normal to feel some rectal discomfort following the procedure. Some patients have found it helpful to soak in a warm tub of water (sitz bath) for approximately 20 minutes to help relieve this discomfort. If you would like to take a pain reliever, start with a regular or extra strength Tylenol. AVOID aspirin or aspirin-like products (ibuprofen, Excedrin, Aleve, Motrin, Nuprin, etc.) as these products will prolong the healing process and may result in bleeding from the biopsy site.

You may experience some blood in your urine, stool or semen for the next several days after the biopsy. This is NORMAL after your prostate biopsy and should stop on its own. If you feel there is excessive bleeding or prolonged bleeding (blood in the stool/urine after 2 weeks from your biopsy) please contact our office and speak to one of our health care professionals.

If you develop a fever (temperature over 101°F) or chills after your procedure, please contact our office immediately.

I have read these instructions, understand them, and have no further questions.

Patient's signature \_\_\_\_\_

Witness \_\_\_\_\_