

Transperineal Prostate Biopsy

General Information

You have been scheduled to undergo this procedure so tests on cells from your prostate gland can be completed. The prostate is a gland that helps make semen and is **only** found in males. This donut-shaped organ wraps around the urethra (the tube that carries urine out of the body) and sits below the bladder. You will be comfortable during the entire procedure and your physician's office will schedule a follow-up appointment to go over the biopsy results with you after.

Before Your Surgery

You will have a full examination and may need tests done to make sure you are healthy enough for the procedure. You will be given instructions about what medications to continue or stop. When instructed by your doctor or nurse to take medicine on the morning of your procedure, take it with sips of water. Ensure you have someone to take you home on the day of your procedure. Arrive early for your procedure as instructed.

Your procedure start time on _____ (date) is _____ (time) so arrive at _____ (time).

It is important for you to arrive early because your procedure may be moved up to an earlier time; you may need medications before your procedure that need time to take effect; or laboratory or other tests may be needed before your procedure.

On the day of the procedure you will be brought into the Operating Room and helped onto the surgical bed. You will be covered with a blanket and your legs put in leg holders. The skin of your scrotum and rectum will be cleaned with an antiseptic solution and you may feel a needle stick when the local anesthetic is injected. Your doctor will perform a Digital Rectal Exam to locate your prostate and, when the area is numb, pass a biopsy needle into your prostate gland to take small tissue samples.

When all the samples are taken, the doctor will apply some pressure on the puncture site and place a dressing there. No stitches are required.

After Your Surgery

Activity

You may go back to your normal activities unless told otherwise by your doctor.

Avoid sexual activity for seven days.

Diet

- Return to your regular diet unless told otherwise by your doctor.
- Drink plenty of fluids to prevent infection in the bladder; do not drink alcohol if taking antibiotics.
- To avoid straining with bowel movements eat plenty of vegetables, fruits and fiber.

Medicines

The place where the biopsy was taken may be sore for several days. Take only a medication recommended by your doctor for pain.

Depending on your other health conditions, you may be given additional instructions. Your physician will go over this with you.

Incision Care

- You will notice bruising or discomfort where the biopsy is taken.
- You may notice blood in your urine or stool for a few days to a week after the biopsy.
- You may also see red or reddish brown-looking blood in your ejaculate for several weeks.

This is all normal.

Call Your Doctor or Seek Medical Assistance If:

- You are passing large amounts of blood or clots in your urine or stool;
- You have belly pain;
- You have trouble urinating;
- It burns when you urinate (possible infection); or
- You have a fever above 38.5 degrees Celsius and/or chills.

Reference

University of Michigan. (2012) Instructions following Prostate Biopsy.
<https://www.med.umich.edu/1libr/urology/ProstateBiopsyPostOp.pdf>