



**NORTHWEST SUBURBAN  
UROLOGY ASSOCIATES, S.C.**

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**PROSTATE ULTRASOUND AND BIOPSY INSTRUCTIONS FOR PATIENTS**

Dear Patient:

You have been scheduled for a prostate ultrasound exam at our **Elk Grove Village office** on \_\_\_\_\_ at \_\_\_\_\_. Please arrive at your scheduled time as another examination is scheduled to be performed immediately following yours.

**Please do not take any aspirin or drugs containing aspirin for at least five (5) days prior to your exam and be sure to let us know immediately if you are on any blood thinner medications. (See attached list.)**

It will be necessary for you to visit your pharmacy and purchase a Fleet's enema and utilize it at least two to three hours prior to the above appointment time. Your rectum must be completely empty at the time of the test to ensure a proper examination. You may eat a light breakfast if your appointment is in the morning, or a light lunch if your appointment is in the afternoon. It would be best not to eat a heavy meal prior to your exam.

It is also necessary that you take an antibiotic. Your doctor will usually prescribe Cipro or Levaquin, and you will begin taking the medication the day prior to your procedure and continuing the day of the exam and for the two days afterwards. **Please let us know if you are allergic to Cipro, Levaquin, Maxaquin, Noroxin, Naladixic Acid, or Floxin, as we will substitute another medication for the Cipro or Levaquin.**

- If you have been given Levaquin 500 mg. tablets, you will take **one** tablet **once** a day.
- If you have been given Cipro 500 mg. tablets, you will take **one** tablet **twice** a day.
- If you have been given Cipro **XR** 500 mg. tablets, you will take **two** tablets **once** a day.
- If you have been given Cipro **XR** 1000 mg. tablets, you will take **one** tablet **once** a day.
- If you have been given another antibiotic, specific instructions for that drug will be provided.

Should your ultrasound exam indicate that a biopsy of the prostate gland is necessary, the doctor will do that procedure at the same time as the ultrasound exam. A needle will be inserted into the prostate to remove tissue samples to be sent to a pathologist. The pathologist will examine the samples and will identify any abnormalities of the prostate gland.

If a biopsy is performed, you will feel some discomfort afterwards. You can soak in a warm tub of water for twenty minutes or so to relieve the discomfort. You may take regular or extra strength



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Tylenol. **Do not take anything containing aspirin.** After the biopsy, you may notice some blood in your urine or your stool. It is also possible to have blood in your semen. All of these are normal after having a biopsy of the prostate. If you experience any difficulties such as excessive bleeding, urine retention, or if you run a fever, please call the office at (847) 593-0404.

Biopsy specimens, if taken, will be sent to an outside reference laboratory for examination by a pathologist. If the pathologist determines that cancer is present in your prostate, the biopsy specimens will automatically be sent to another pathologist for a second opinion. This automatic process helps us to confirm the diagnosis of prostate cancer and greatly reduces the time you must wait for these confirmatory results.

These laboratories will charge a separate pathologist's fee for the services that they perform. The laboratories will be provided with the insurance information that we have on file for you. **If your insurance company requires that your laboratory specimens be directed to a specific laboratory, you must notify our office prior to test day, and we will do whatever possible to accommodate your special requirements.**

**If you do not wish to have an automatic second opinion in the case of a positive result, you must also notify our office no later than the day of your ultrasound.**

The results of the biopsy, if performed, will be discussed at your post-operative visit approximately one week later. This appointment should be scheduled prior to leaving the office on the day of your exam. Due to the sensitive nature of biopsy results, they will not be given to you over the telephone.

If you have any questions about these instructions or the exam itself, you are urged to contact our office prior to the day of your examination. On the day of the exam, you will be asked if you have followed all of these instructions. If you have not complied, your test cannot be performed. Your procedure will be canceled and will need to be rescheduled. Additionally, you will be charged a \$50.00 cancellation fee, for which you will be responsible and which your insurance company is unlikely to cover.

Thank you.

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