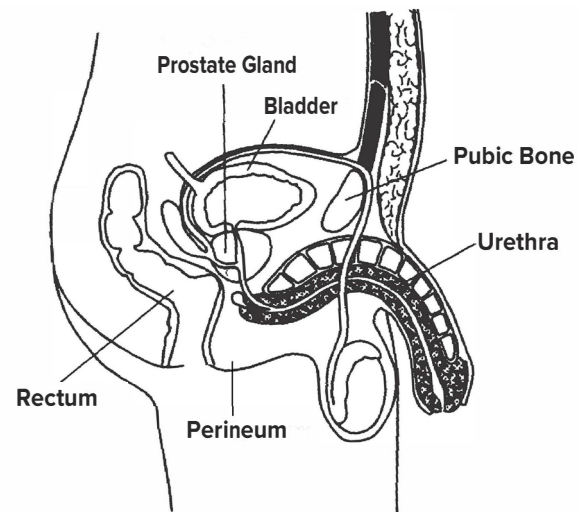


Transperineal Prostate Biopsy

The prostate is a small walnut-shaped gland that sits in front of your rectum and below the bladder. Your prostate also wraps around your urethra, the tube that carries urine out of the body. Your perineum is the soft tissue between your scrotum and rectum.

During a **transperineal prostate biopsy**, your doctor places a needle through your perineum to remove small samples of prostate tissue.



Important Medicine Information

Talk to your doctor about any medicines you take to thin your blood or prevent clots. You may need to change these medicines or adjust the amount you take before surgery.

These medicines include:

- Aspirin
- Clopidogrel, brand name Plavix
- Prasugrel, brand name Effient
- Ticagrelor, brand name Brilinta
- Apixaban, brand name Eliquis
- Ticlopidine, brand name Ticlid
- Warfarin, brand name Coumadin
- Enoxaparin, brand name Lovenox

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

- Dabigatran, brand name Pradaxa
- Fondaparinux, brand name Arixtra
- Rivaroxaban, brand name Xarelto
- Cilostazol, brand name Pletal
- Edoxaban, brand name Savaysa

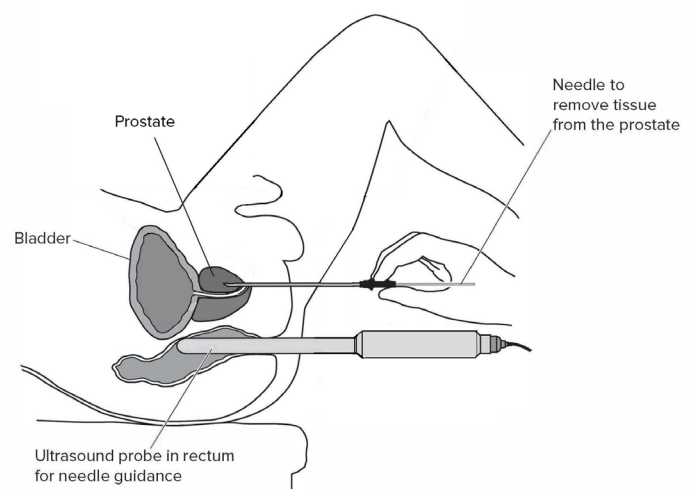
If you have a stent, do not stop taking your medicines to prevent clots without first talking to the doctor who put in the stent. For more information, ask a member of your health care team for the patient education handout on protecting your stent.

Before Your Transperineal Prostate Biopsy

- It is best to eat a small meal or snack before your biopsy. Drink plenty of non-caffeinated, non-alcoholic fluids before and after your biopsy.
- Medicine may be used to numb your perineum before the biopsy.
- You will be given an antibiotic the day of the biopsy.
- It is important to tell your nurse if you have seen blood in your urine in the past week.

Prostate Ultrasound

During the procedure, you will lie on your back with your legs up in stirrups. Your doctor will gently insert a lubricated tube-like probe into your rectum. The probe sends out sound waves, which makes a picture of your prostate on a video screen. Your doctor will look at the picture to see the size and shape of your prostate.



Prostate Biopsy

Medicine will be used to numb your perineum before your biopsy. Your doctor will put a needle through your perineum into your prostate to remove small samples of tissue. You may feel some discomfort when the needle goes into your prostate.

The prostate tissue will be sent to a lab for testing. **Your doctor will call you or have you come in for an appointment to talk about your biopsy results** about 2 weeks after the procedure.

After Your Transperineal Prostate Biopsy

Side effects after the biopsy may include:

- Bleeding from your penis (this may last a few days after your procedure)
- Burning when you pass urine or the need to go to the bathroom more often and more urgently
- Discomfort in the biopsy area
- Bloody or brown color in your semen when you ejaculate (this may last for 30 to 90 days)

Some things you can do to help ease the side effects:

- Drink 8 to 10 cups of non-caffeinated fluid each day to help flush out your bladder.
- Soak in a warm tub to relax your prostate to help you urinate.
- Limit your exercise and sexual activities for at least **72 hours** after your biopsy.

When to Get Medical Help

Go to the nearest Emergency Department if you:

- Have a temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher
- Have bleeding from your penis with clots
- Are unable to urinate (pass urine) for 6 or more hours