Prostate Ultrasound and Biopsy

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

A prostate ultrasound is a test that uses sound waves to take a picture of your prostate. Your doctor may also do a prostate biopsy. This is when small samples of prostate tissue is removed using a needle.

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.

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• 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 Ultrasound and Biopsy
• The morning of your biopsy, it is best to eat a small meal or snack.
• You will need to take an antibiotic 1 day before the test and 2 days after the test. Your doctor will give you a prescription for the antibiotic.
• You may need to use a Fleets enema before the test. Your doctor will give you instructions, if this is needed.
• It is important to tell the nurse if you have seen blood in your urine in the past week.
• Medicines given during the procedure can make you sleepy. For your safety, you will need to have an adult family member or friend drive you home.

Prostate Ultrasound
You will lie on your side with your knees bent for this test. The 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. The doctor will look at the picture to see the size and shape of your prostate.
Prostate Biopsy

Small pieces of tissue are taken from your prostate during a biopsy. You will be given a numbing medicine into the rectum before the procedure starts. Your doctor will put a needle into a small hole through the probe. You will feel some discomfort when the needle goes into your prostate to remove the tissue.

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 two weeks after the procedure.

After Your Ultrasound and Biopsy

Side effects after the biopsy may include:

- Bleeding from your penis and or rectum (this may last a few days after the procedure)
- Burning when you pass urine or the need to go to the bathroom more often and more urgently
- Discomfort in your scrotum (sac) for a few days
- 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 plenty of fluids, at least 8 cups each day, to help flush out your bladder.
- Soak in a warm bath for 20 minutes twice a day to ease scrotal discomfort.
- Limit your exercise and sexual activities for at least 72 hours after your biopsy.
- Take all of the antibiotics your doctor ordered for you after your biopsy. This will help lower your chance of getting an infection.

When to Get Medical Help

Go to the nearest Emergency Department if you:

- Have fever above 101 degrees or chills
- Bleeding from your penis or rectum with clots
- You cannot urinate (pass urine)