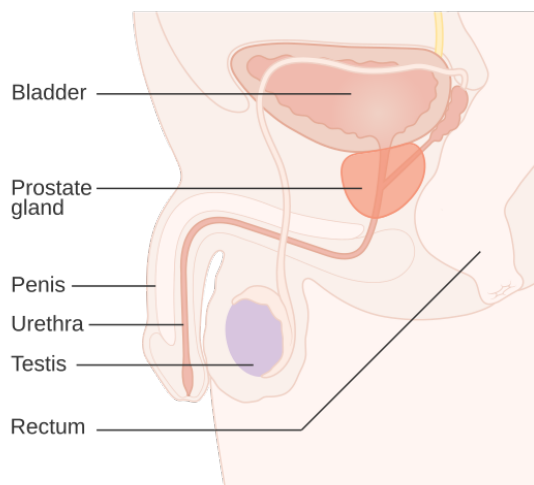


Prostate Biopsy Patient Instructions

What is the prostate?

The **prostate** gland is part of the male reproductive system. The prostate sits below the bladder and in front of the rectum.



Why is a prostate biopsy done?

A **prostate biopsy** is a procedure used to diagnose and/or determine the stage of prostate cancer. It involves using an ultrasound (an imaging test using sound waves) to look at the prostate while we use a thin needle to collect samples from the prostate gland. We then send samples from the biopsy to the lab for review. Your doctor will let you know the results of your biopsy and next steps.

What are the different types of prostate biopsy?

Your doctor will decide which type of prostate biopsy is right for you.

- **Transperineal prostate biopsy:** This type uses a small needle to access the prostate through the **perineum** (the area between the anus and testicles). This is the most common biopsy we perform because it has the lowest risk of infection.
- **Transrectal prostate biopsy:** This type uses a small needle to access the prostate through the rectal tissue.
- **MRI-guided fusion prostate biopsy:** This type is a transperineal or transrectal prostate biopsy that uses guided imaging to target any areas of concern found on your MRI.

Will I be awake during my biopsy?

Some patients are fully awake during the procedure, while others use **sedation** (medication that keeps you calm and relaxed during the procedure and may also make you sleepy). Your doctor will help determine what is best for you.

You may have one of these options:

- **Local anesthetic:** This is a numbing medication used on one specific part of your body during the procedure. With local anesthetic, you will be awake during the procedure and able to talk with the care team about your comfort needs.
- **IV sedation:** With this type of sedation, the staff will place an IV to give you medication during your procedure. You will feel sleepy, and you may or may not fall asleep during the procedure. Your doctor will determine if this is a safe option for you.

How do I prepare for my biopsy?

Follow instructions for taking and/or stopping medications

- We will give you a prescription for an antibiotic before your procedure. Please follow the instructions on the prescription label.
- Your doctor or care team will review your medication list and discuss which medications to stop taking before your biopsy.
- **7 days before your biopsy:**
 - Stop taking aspirin or other over-the-counter (non-prescription) medications such as ibuprofen (Advil® or Motrin®), Excedrin®, and naproxen (Aleve® or Naprosyn®). If you need to, it is okay to take acetaminophen (Tylenol®) is okay to take on the day of your biopsy.
 - Stop taking herbal supplements, such as multivitamins with vitamin E.

- If you take **warfarin, Plavix®, Xarelto®, or other blood thinners**, contact your doctor who prescribes these medications for instructions about when to stop and restart taking these medications.

Follow other instructions to prepare for your travel and appointment

- A nurse will contact you closer to your appointment date with more instructions and information.
- Once your procedure is scheduled, you can find the location details for your appointment in your online patient portal (MyUofMHealth.org).
- If you have any questions or concerns before your procedure, you may send a message in the patient portal or call the clinic. Clinic contact information can be found at the end of this document.

Do I need to stop eating or drinking before my biopsy?

If you are receiving IV sedation for your prostate biopsy:

- Stop eating and drinking at 12:00 AM (midnight) the night before your biopsy.
- You may drink clear liquids up to 2 hours before your arrival time. Examples of clear liquids include water, juice, black coffee, or plain tea.
- You may take your prescribed medications with water.

If you are not receiving IV sedation:

- Eat a light breakfast, such as coffee or tea, juice, and toast, and/or a light lunch if your biopsy is scheduled for the afternoon.

What do I need to do on the day of my biopsy?

- You must have a responsible adult (18 years or older) with you when you check in for your procedure.
 - If you are receiving IV sedation or are taking any medications to help you relax, they must stay for the entire procedure.

- If you are not receiving IV sedation, we recommend that you still bring someone to drive you home after the biopsy.
- Take the antibiotics prescribed for this procedure as directed by your doctor.
- We will ask you for a urine (pee) sample when you arrive.
- Make sure to arrive 30-60 minutes before your scheduled procedure time.
 - If your prostate biopsy is scheduled at the Medical Procedural Unit (MPU) at the Brighton Center for Specialty Care, please arrive 1 hour before your scheduled time.
 - If your prostate biopsy is scheduled in the Urology Clinic, please arrive 30 minutes before your scheduled time.

Is there any information I should share with my care team?

Let your care team know if:

- You did not stop taking aspirin or other blood thinning products 7 days before your biopsy.
- You are not feeling well on the day of your biopsy.
- You have any questions or concerns about the biopsy.

How should I care for myself after the biopsy?

- We will give you discharge instructions on how to care for yourself after your biopsy.
- Take your antibiotics as directed and complete the full dose that we give you.
- Drink plenty of water to help prevent blood clots or a bladder infection after the biopsy.
- Avoid intense exercise such as jogging, biking, weightlifting, or intense aerobics for 7 days.

- Avoid sexual activity for 7 days.

What symptoms should I expect after my biopsy?

After your biopsy, it is normal to experience these symptoms:

- **Burning with urination (peeing):** This is normal and may last up to 7 days.
- **Strong, frequent urge to pee:** This should slowly improve over 7 days.
- **Blood in your urine (pee):** It is normal to have pink or red-colored pee. This can last up to 3 weeks.
- **Blood in your semen:** This may last for up to 6 weeks.
- **Blood in your stool (poop):** This is normal with a transrectal biopsy. You may notice some light bleeding that lasts up to 5 days.

When should I call the doctor?

Please contact us if you experience any of these symptoms:

- Strong, frequent urge to pee, burning feeling while peeing, or difficulty emptying your bladder that isn't going away
- Fever greater than 101 °F
- Pee that is bright red or has blood clots
- Heavy rectal bleeding (bright red poop or poop with blood clots)

What is the contact information?

- On Monday through Friday between 8:00 AM - 5:00 PM, please call one of these numbers:
 - Urology Clinic: (734) 936-7030
 - Cancer Center Urology Clinic: (734) 647-8902
- If you have urgent concerns after clinic hours or on weekends or holidays, please call (734) 936-6267 and ask for the Urology resident on call.

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