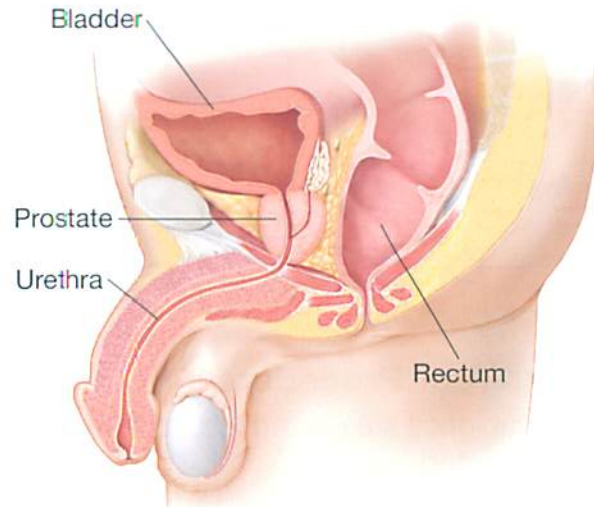


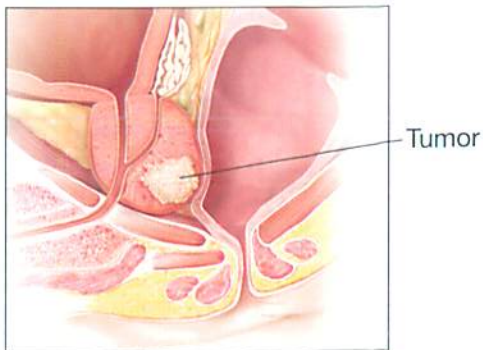
## Your Prostate

The prostate gland is part of the male reproductive system. It makes most of the semen (fluid that carries sperm). The prostate wraps around the top of the urethra. This is the tube that carries urine from the bladder out of the body.



## When Cancer Develops

If cells in the prostate change in ways that are not normal, cancer can form. Cancer cells may form a lump called a tumor. A tumor often first forms in the outer area of the prostate, near the rectum. Prostate cancer usually causes no symptoms in its early stages.



## Follow Up with Your Doctor

When your results are ready, your doctor will discuss them with you. He or she can let you know if any further tests or treatments are needed. If the results of the biopsy are normal, you may still need to have prostate cancer screenings. Talk with your doctor about when and how often you should be screened.

Also available in Spanish

This brochure is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.

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# PROSTATE ULTRASOUND & BIOPSY



Learning More  
About Your Prostate

## Having Prostate Ultrasound and Biopsy

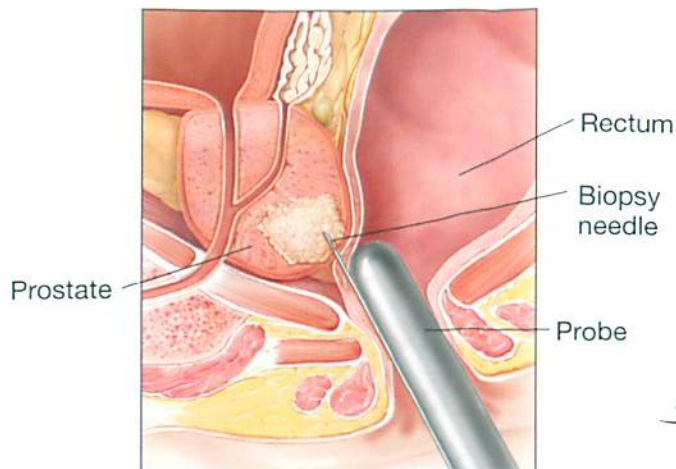
Chances are, you've had a test that raises a suspicion of cancer in your prostate. You're now scheduled for a **prostate ultrasound** and **prostate biopsy**. Ultrasound uses high-frequency sound waves to create images of the prostate gland. These help guide the doctor in taking samples of tissue (biopsies) from the prostate. The samples are then checked for cancer cells. Read on to learn what to expect before, during, and after the procedure.

### Preparing for Your Procedure

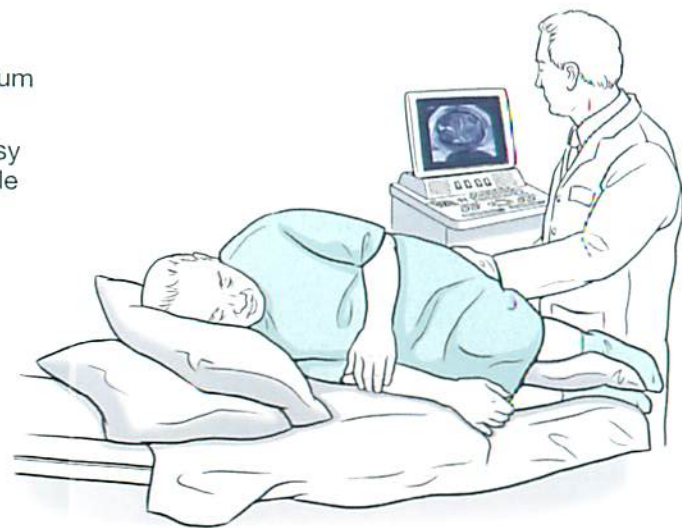
- Follow any instructions you are given.
- Tell your doctor what medications you take. This includes over-the-counter medications, herbal remedies, supplements, or blood thinners. Ask whether you need to stop any of them before the test.
- Mention if you have bleeding problems.
- If prescribed, take antibiotics before your test. These help prevent infection.
- If instructed, use an enema or suppository to clear your rectum.
- Have an adult family member or friend ready to drive you home after the procedure.

### Risks and Possible Complications Include:

- Infection
- Bleeding
- Urinary retention



**A thin needle is used to take biopsies (tissue samples) from the prostate.**



### During Your Procedure

The procedure is done in the doctor's office. The test commonly takes 10 to 20 minutes. Your entire visit may last up to an hour or so. Before the procedure, you may be given an antibiotic. You may also receive pain medication and medication to help you relax. During the procedure:

- A small ultrasound probe is inserted into your rectum. Sound waves from the probe are used to create images of your prostate on a video monitor. This is called transrectal ultrasonography (TRUS).
- Local anesthetic may be injected. Then, with the TRUS images as a guide, a small biopsy needle is inserted through the rectum into the prostate. Several tiny tissue samples are taken from the prostate.
- The needle and probe are removed. The tissue samples are sent to a lab for testing.
- When the doctor feels you are ready, you'll be able to go home.

### After Your Procedure

- If antibiotics are prescribed, take them as directed.
- You may notice some rectal bleeding or blood in your urine for a few days. This is normal.
- You may have blood in your semen for several months after the test. This is normal.
- Ask your doctor whether you should avoid exercise or sex for a few days after your biopsy.



### Call the Doctor If You Have:

- Fever of 100.4°F (38°C) or higher
- Excessive bleeding from your rectum or urethra
- Muscle aches or excessive tiredness
- Trouble urinating