


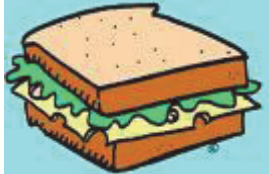







# PROSTATE NEEDLE BIOPSY PLANNER

___ Days Prior to Procedure	Medications to talk to your doctor about	Stop 7 days prior to Procedure	Procedure Day
 <p><b>Review all blood thinning medications or supplements.</b></p> <p><b>If you take Blood Thinning medications, or aspirin at the recommendation of your Family Doctor or Cardiologist, you will be instructed regarding how and when to stop this medication by a member of your care team. You must talk with a Urology Nurse to confirm plan 10 days prior to procedure.</b></p>	<p>Including; but not limited to:</p> <p><b>Aspirin</b></p> <p>Aminosalicylic acid (Paser)            Apixaban (Eliquis)            Dalteparin (Fragmin)            Dabigatran (Pradaxa)            Dipyridamole (Aggrenox, Persantine)            Edoxaban (Savaysa)            Enoxaparin (Lovenox)            Heparin (Hep-Flush, Hep-Lock)            Plavix (Clopidogrel)            Prasugrel (Effient)            Rivaroxaban (Xarelto)            Tinzaparin (Innohep)            Ticlopidine (Ticlid)            Warfarin (Coumadin )            ticagrelor (Brilinta)</p>	<p><b>Aspirin</b></p> <p>Fish oil            Vitamin E            Multivitamin            Naproxen (e.g. Aleve, Naprosyn)            Indomethacin (Indocin)            Ibuprofen (e.g. Advil, Motrin)            Many over the counter headache, allergy, cough and cold products also contain aspirin, ibuprofen or naproxen            Celecoxib (Celebrex)            Diclofenac (Cataflam, Voltaren, Arthrotec)            Etodalac (Lodine)            Indomethacin (Indocin)            Ketoprofen (Orudis)            Ketorolac (Acular)            Ketorolac (Toradol)            Meloxicam (Mobic)</p> <p><b>It is okay to take Tylenol or acetaminophen.</b></p> 	<p>Take your usual prescribed medications, except blood thinners.</p>  <p><b>Eat and drink normally. No fasting.</b></p>  <p><b><u>Check in 60 minutes prior to your appointment time.</u></b> You will receive antibiotics 30 minutes prior to your procedure.</p> <p>You will not be sedated for this procedure.</p> <p><b>We STRONGLY recommend you have someone with you to drive you home.</b>            Do not ride a motorcycle or bicycle.</p> <p>An enema is not required.</p>

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## After Procedure - What To Expect

<p><u>Normal Side Effects</u></p> <p>Blood in urine for 3 days to 2 weeks.</p> <p>Blood in stool for 3 to 5 days.</p> <p>Blood in semen for 6 weeks to 3 months, usually rusty red in color.</p> 	<p><u>Activity Level</u></p> <p>Light activity for 2 to 3 days.</p> <p>No yard work or house work for 1 week.</p> <p>Avoid the gym for 1 week.</p> <p>No lifting, pushing or pulling greater than 10 pounds for 1 week.</p> <p>No bicycle riding, horseback riding or motorcycle riding for 2 to 3 weeks.</p>  	<p><u>Fluid Intake</u></p> <p>Drink one gallon of fluid per day for the next 3 to 5 days.</p>  <p><u>Medications</u></p> <p>Remain off blood thinning products for one week, or as directed by your care team.</p> 	<p><u>CALL IMMEDIATELY IF YOU EXPERIENCE:</u></p> <ul style="list-style-type: none"> <li>• Blood in urine that looks like tomato juice</li> <li>• Excessive blood in stool</li> <li>• Sudden onset of weakness</li> <li>• Fever, chills or flu-like symptoms</li> <li>• Difficulty urinating</li> </ul> <p>206-223-6772</p> 