



Prostate Biopsy

General Information

Prostate biopsy is an office based diagnostic test performed for one of two reasons: an abnormal prostate examination or an elevated PSA blood test. The goal of a prostate biopsy is to diagnose or exclude prostate cancer in men. The biopsy procedure takes approximately 15 minutes and is associated with minimal risk.

Procedure Description

Prostate biopsy is generally performed under local anesthesia although general sedation options are available for clients. Obsidian uses a highly effective prostate block technique using a drug similar to Novocain to ensure maximal patient comfort. Our surgeons also use Lidocaine jelly to minimize discomfort prior to starting the procedure.

A small ultrasound probe is inserted into the rectum in order to visualize the prostate gland for the biopsy. Once the prostate is numb a specialized biopsy needle is used to obtain tissue samples from the prostate gland. The number of biopsies taken will vary depending on the clinical scenario and size of the prostate gland but typically range between 12-16 samples. The biopsies usually feel like a “pinch” or “rubber band snap”.

Patient Preparation

1. We generally recommend that clients stop all “blood thinning” medicines 7-10 days prior to prostate biopsy in order to reduce bleeding risk. This includes aspirin products and pain relievers such as Aleve and Motrin. Tylenol is a pain reliever that does not increase surgical bleeding risk so it may be used peri-operatively.
2. Obsidian prefers that biopsy patients have a ride home from the procedure from a friend or family member. Obsidian can arrange for transportation if client’s find this more convenient.
3. You can have a light snack prior to your procedure but you must have an empty stomach if general anesthesia/sedation methods are utilized.
4. A Fleets enema should be administered at home 2-3 hours prior to your biopsy.
5. Antibiotics are generally prescribed and should be taken one hour prior to biopsy.

Post-operative Instructions

1. Clients are instructed to return home or to their hotel room immediately upon discharge and avoid strenuous activity 24 hours.
2. Tylenol is usually adequate to control any discomfort.
3. Expect mild bleeding from the rectum for 1-2 days. Some patients may see some blood in the urine or a few drops of blood dripping from the penis for a few days. Blood in the semen may occur for weeks and is not harmful to you or your partner.
4. Clients can resume aspirin and similar pain relievers 48 hours following the procedure.
5. Most men can resume sexual activity, work and exercise in 24 hours.
6. Patients should call Obsidian immediately for any heavy bleeding or signs/symptoms of infection.

Risks & Complications

Prostate biopsies are minor surgical procedures associated with minimal risk. Obsidian surgeons have extensive experience in performing prostate biopsies minimizing risk even further. Our surgeons have each performed over 1,500 prostate biopsies so you should have confidence in their surgical ability. But, no surgical procedure is without some risk. The following list of complications is important for clients to consider before consenting to a prostate biopsy:

1. Bleeding requiring blood transfusion or hospital admission is rare but may occur in approximately 1 out of 2,000 procedures.
2. Minor urinary/prostate infections occur in 3-4% of prostate biopsy procedures.
3. Severe infections requiring hospital admission occurs in 1 out of 1,000 procedures.

Obsidian Men's Health strives to make the prostate biopsy experience as comfortable as possible. Our experts take their time to discuss the procedure with clients during their consultation and answer all questions to the fullest extent possible. The procedure itself is performed using extensive comfort measures by bona fide experts in the field of prostate pathology. An Obsidian prostate biopsy is, quite simply, unparalleled for pain control and recovery time.