

PROSTATE BIOPSY EXAMINATION

Your doctor has referred you for an examination due to suspicion of prostate cancer. The examination is performed under local anaesthesia through the rectal wall using a special probe. Tissue samples are taken from different areas of the prostate (a total of 12 samples) and sent for histological examination in a laboratory, where a pathologist will examine the samples under a microscope. Results will arrive within two to four weeks.

During the procedure, you may feel some discomfort in the lower abdomen and rectal area. A clicking sound can be heard when the tissue samples are taken, produced by the sampling device. For the procedure, you will be asked to lie on your left side with your knees bent or the procedure will be performed in a gynaecological position on the appropriate examination chair. Therefore, we recommend wearing clothing that is easy to remove.

PREPARATION FOR THE EXAMINATION

- The night before the examination, **start the antibiotic course** and take the first two tablets of Ciprinol (total 1000 mg), preferably with food or after a meal.
- In addition, we recommend using **probiotics** along with antibiotics.
- On the morning of the examination, it is necessary to **cleanse your bowels**. For this, use special tools, such as one tube of **Melilax** (buy from the pharmacy)
- The course of the antibiotic **should be continued** with one tablet of Ciprinol 500 mg twice a day until all prescribed tablets have been taken (a total of 10 tablets).

PLEASE NOTE! Consult your doctor or nurse (phone +372 5885 1814) if:

- You are taking blood thinners (Marevan, Plavix, Eliquis, Xarelto, Hjertemagnyl, etc.)
- You have hypersensitivity to medications
- You have symptoms characteristic of a cold

AFTER THE PROCEDURE:

- Do not lift heavy objects (~10 kg) for one to two days
- We recommend sitting less, if possible
- On the same day, do not use the sauna, take a bath or go to the pool
- There may be slight bleeding from the rectum and there may also be blood in the urine
- Sperm may be bloody and brownish for one to three months

PLEASE NOTE! Please go to the emergency department immediately if after the procedure you experience:

- A sudden rise in temperature (≥ 38 °C)
- Urinary retention
- Heavy bleeding from the bladder or rectum
- Severe lower abdominal pain that is not relieved by pain medication

If for any reason you cannot come to the examination at the agreed time, please inform us by calling +372 5885 1814.