

# Steven A. Johnson, M.D.

ADULT & PEDIATRIC UROLOGY

**Steven A. Johnson, M.D.**  
Diplomate, American Board of Urology

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Family Nurse Practitioner-Certified

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Family Nurse Practitioner-Certified

## PROSTATE BIOPSY

Please follow all of these instructions in preparation for your upcoming prostate biopsy.

Do not take any aspirin or aspirin products for one week prior to your prostate biopsy. If you take any other blood thinners (**Plavix or Coumadin**) stop medications as instructed prior to the biopsy. Should you have a headache or muscle aches, use **ONLY TYLENOL** for pain relief for the week preceding your prostate biopsy.

You do not need to follow any special dietary directions the night before or the morning of your prostate biopsy.

**WE WOULD SUGGEST EATING A LIGHT BREAKFAST OR A LIGHT LUNCH PRIOR TO BIOPSY. YOU DO NOT NEED TO BE FASTING.**

You will receive a prescription for an antibiotic at the time of your prostate biopsy. This must be taken as prescribed until all the medication is gone. Please purchase an over the counter Fleet Enema and take the night before your procedure.

You may experience blood in your urine, stool or semen for a few days after your prostate biopsy, this is normal and need not cause any alarm. Please increase your fluid intake (specifically, water) to help alleviate these symptoms.

Do not exercise. Do not do any heavy lifting. Do not do any strenuous activity after your prostate biopsy until all bleeding has stopped for 48 hours. You may resume your usual activity after that time.

If you experience high-grade fever, (101 degrees or higher), shaking, chills or inability to urinate, contact the doctor immediately. The office number is:

**(903)957-1104**

**Billing: Steven A. Johnson, M.D. P.A. will only handle the physician's fees for the procedure. Be aware that the biopsy is sent to a pathologist. There will be an additional charge from the pathologist.**