

## **BIOPSY – BE AWARE**

Compiled by Charles (Chuck) Maack – Prostate Cancer Activist/Mentor

**DISCLAIMER:** Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to voluntarily help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for my mentoring – I provide this free service as one who has been there and hoping to make your journey one with better understanding and knowledge than was available to me when I was diagnosed so many years ago. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing your prostate cancer care.

Many men are prescribed an antibiotic prior to administration of the biopsy procedure of the prostate gland as an infection preventative and more often than not, are prescribed fluoroquinolones – antibiotics that carry with them several adverse side effects. Accordingly, please take the time to read the important information in the following paper to discuss alternatives with your physician if he/she is prescribing any of these antibiotics: **FLUOROQUINOLONES AWARENESS: Cipro/ciprofloxacin, Levaquin/levofloxacin, Avelox/moxifloxacin:** <http://tinyurl.com/ka7xo3e>

The Transrectal Ultrasound/Ultrasonography (TRUS) biopsy of the prostate gland can be uncomfortable and for some painful if the Urologist does not first administer appropriate medications to prevent that occurrence. Some Urologists use two forms of topical Lidocaine; they inject Lidocaine to the neurovascular bundles bilaterally, as well as inject into the prostate directly. Others apply Lidocaine gel in the rectum before inserting the probe then administer a peri-prostatic nerve block. This paper explains a study wherein this nerve block reduced pain effects: <http://tinyurl.com/mvqpg5h>.

Info in the following explains with the advice copied below recommended to Urologists before administering the biopsy:

<http://tinyurl.com/gv9h4a4>

- A “time out” between recognition of the need for a prostate biopsy and the performance of that biopsy
- Conduct of pre-biopsy, prophylactic antibiotic therapy using *either*
  - A tailored antibiotic regimen based on a pre-biopsy rectal culture *or*
  - Dual antibiotic therapy that includes a parental antibiotic such as gentamicin or ceftriaxone

It is important for your own comfort to be sure to discuss the methods your treating physician will use to prevent, or at least significantly reduce, pain during the biopsy procedure as well as antibiotic to prevent infection.