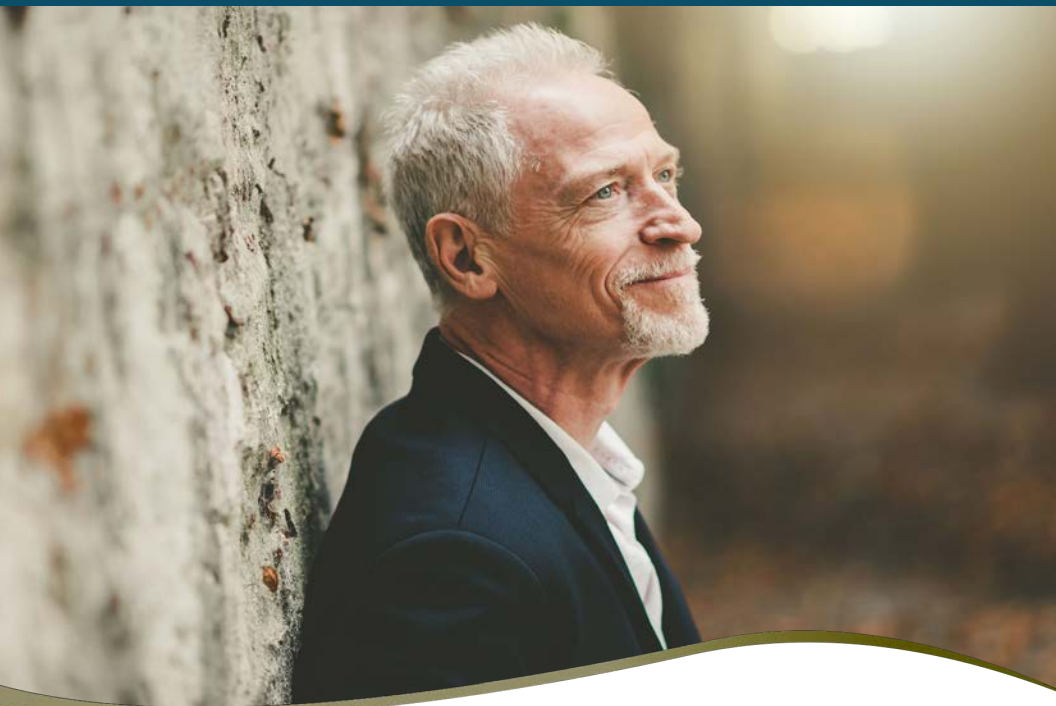


PROSTATE BIOPSY

WHAT IT MEANS AND WHAT TO EXPECT



A Guide for Patients



Patient Navigators

Dedicated point of contact

We have a dedicated team of highly trained Patient Navigators who work with your urologist to help guide you through diagnosis and treatment of your condition.

Patient Navigators can:

- answer questions regarding the biopsy process.
- schedule appointments or testing.

Throughout your treatment process, we want you to feel comfortable reaching out directly to a Patient Navigator for assistance.

Your Patient Navigator

513.841.7425



Holly Martin-Stewart, MA

What is a prostate biopsy?

Based on a recent exam or test results, your urologist has determined the need for a prostate biopsy. This procedure is known as a transrectal ultrasound (TRUS) with prostate biopsy. Ultrasound uses high-frequency sound waves to create an image. This image lets us see and measure the prostate and guides the doctor to specific tissues from which to take samples.

Having a prostate biopsy does not necessarily mean you have cancer. In fact, it can be used to eliminate cancer as the cause of your prostate issues. A biopsy may be recommended if you:

- Have an elevated or changing PSA (prostate-specific antigen) number in a blood test
- Have lumps or other abnormalities during a digital rectal exam
- Have had a previous biopsy that was normal, but you still have elevated PSA levels
- Have been diagnosed with prostate cancer previously and are on active surveillance.
- Other conditions about which your urologist may be concerned



Pre-op instructions

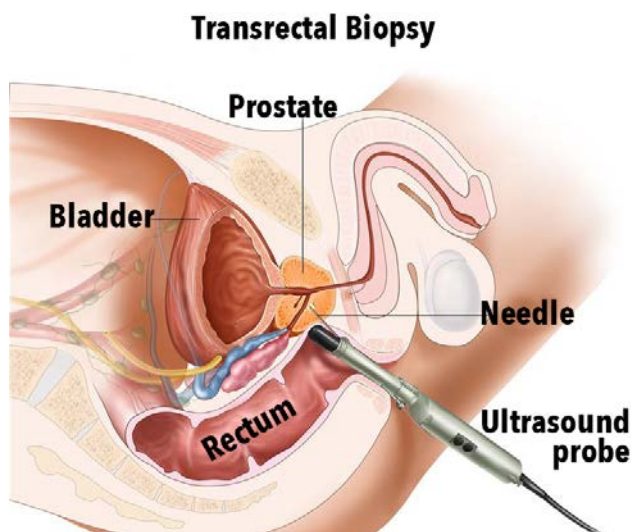
The most reliable biopsies result when patients follow these four important pre-op preparation instructions. If these instructions are not followed, your procedure may be cancelled.

- 1.** Follow dietary restrictions. When you schedule your biopsy, our staff member will explain any dietary restrictions, as they may differ depending on your planned procedure.
- 2.** Use a Fleet Enema rectally two (2) hours prior to leaving your home. A Fleet Enema is a saline laxative enema that contains sodium phosphates and works by pulling water from the body into the bowel, which helps to soften the stool and cause a bowel movement. We suggest purchasing it a few days before your procedure. You can find it at your local pharmacy or supermarket.
- 3.** Arrange for someone to drive you home after the procedure, unless you are not having anesthesia/sedation.
- 4.** Avoid blood thinners. Here is a list of medications you may be asked to discontinue before your procedure (complete list available on our website). Let the scheduler know if you are currently taking any of these medications when he or she calls. You may need to check with your prescribing doctor before stopping these medications.

- Apixaban (Eliquis)
- Aspirin
- Cliostazol (Pletal)
- Clopidrogel (Plavix)
- Dabigatran (Pradaxa)
- Fish Oil
- Heparin (various)
- Ibuprofen
- Prasugrel (Effient)
- Rivaroxaban (Xarelto)
- Ticagrelor (Brilinta)
- Vitamin E
- Warfarin (Coumadin)

How the procedure is performed

- The procedure will take place at The Urology Center in Norwood, Ohio. You will need someone to drive you home after the procedure, unless you are not having anesthesia/sedation.
- Here is a general description of the procedure:



- You will be given antibiotics to prevent infection.
- You will be asked to lie on your side with your knees pulled up to your chest.
- If you are not given anesthesia, the area in which the biopsy is done will be lightly numbed to reduce any discomfort.
- During the biopsy, a needle is passed through the rectal tissue to collect several samples from your prostate gland.
- Small tissue samples taken during the biopsy are sent to our pathology lab for analysis. Generally, 12 samples are taken.
- Once you are prepped, the entire procedure is usually completed in 10-15 minutes.

Post-op instructions

Depending on your line of work, in most cases you can return to your normal routine the following day. Here are some general guidelines:

- No strenuous or heavy physical activity for three (3) days after your procedure. This includes jogging, bicycling, horseback riding, bowling, mowing grass, or sexual activity.
- Do not strain to move your bowels or take an enema for 24 hours, as this can increase bleeding.
- If constipated, take an oral laxative, such as Milk of Magnesia® or MiraLAX®. Follow the instructions on the bottle.

What to expect

- You may have some bleeding from your rectum. This should stop within one (1) week.
- You may pass blood with urination. If this happens, please drink plenty of fluids. This should stop within one (1) week.
- You may also have bloody (or brown-colored) ejaculate for the next few months.

When to be concerned

If you experience any of the following, **please call our office:**

- You have blood in urine or stool that lasts more than one week
- You have significant abdominal or rectal pain
- You are having difficulty urinating

If you experience any of the following, **go to the emergency room:**

- You are unable to urinate *and* it is outside of normal office hours
- You have a fever of 101.5 or higher
- You feel dizzy or lightheaded
- You have excessive bleeding

Results

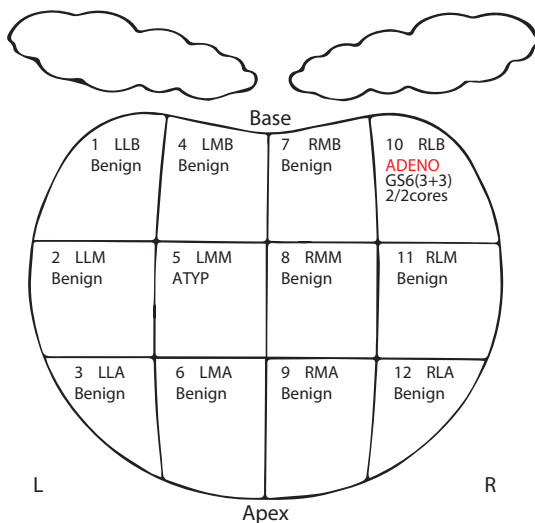
One of our pathologists will evaluate your prostate biopsy samples, determine if cancer is present, and estimate how aggressive it is. Someone will call you with results or to schedule an office visit within 10 business days of your biopsy.

Your pathology report will typically include:

- **Diagnosis and description of cells.** This part of the report will describe the way the cells appear under the microscope. Cancerous cells are often defined as adenocarcinoma. Normal tissue is referred to as benign.
- **Cancer grading.** If cells are considered cancerous, they are graded on a scale of 6 to 10, called the Gleason score. Cancers with a high Gleason score are the most abnormal and are more likely to grow and spread.



Dr. Cynthia Westermann is the full-time director of our on-site pathology lab. She is board-certified in anatomic and clinical pathology, and specializes in uropathology.



Additional testing

Depending on your situation, your urologist may order additional testing related to your biopsy. This is sometimes determined after you have left your office appointment.

Types of testing

Prostate MRI or MRI fusion biopsy

If you have had a prior prostate biopsy then we will request that you schedule an MRI of your prostate before the biopsy. This provides a different type of imaging that looks for abnormal areas in your prostate.

MRI/ultrasound fusion technology allows the urologist to match the MRI images to the ultrasound images and mark the biopsy targets. This subsequently allows direct sampling of any suspicious areas.

Molecular testing on prostate biopsies

Your physician may order molecular tests on your biopsy tissue. You will receive a call from our Navigation Department to discuss the test.

- If your biopsy is **NEGATIVE** for cancer, ConfirmMDx is a test to determine risk of undiscovered prostate cancer. This can help determine if you need further testing.
- If your biopsy is **POSITIVE** for cancer, Decipher®, OncotypeDX® or Prolaris® testing may be done to determine the aggressiveness of your cancer. This can help decide the best course of treatment for you.

Billing for additional testing

Depending on your insurance or Medicare limits, there may be out-of-pocket costs to you. You will likely receive a written summary from your insurance company, called an Explanation of Benefits (EOB), which summarizes the claim and payment.

The EOB is NOT a bill. These tests are NOT billed by The Urology Group.

If you receive a bill or insurance claim that you have questions about, please see below for the appropriate contact information depending upon the test that was done.

ConfirmMDx 866-259-5644

(MDx Health's consumer service representatives)

Decipher 888-792-1601

(Decipher Biosciences Patient Care Department)

OncotypeDX 866-662-6897, option 2

(Genomic Health)

Prolaris 844-697-4239

(Myriad Customer Service Representative)

While it is best to call the company numbers listed above, our Navigation Department can help guide you in the process at 513-841-7425.

General billing information

THIS SECTION EXPLAINS THE CHARGES YOU MAY INCUR FOR YOUR VISIT TO THE UROLOGY CENTER

Distinction between bills

THE UROLOGY CENTER is an “Outpatient Facility.” We will bill your insurance carrier a “Facility Fee” for The Urology Center.

THE UROLOGY GROUP will bill your insurance carrier for your doctor’s charges.

When payment is due

Our Benefits Department will contact your insurance carrier prior to your procedure. Our Benefits Department staff may call you before your procedure to review out-of-pocket expenses (copays, deductibles, and/or co-insurance balances). These out-of-pocket expenses are the Center charges as well as charges for the physicians. The anesthesia charges will come separately. The anesthesia charges are not associated with the Center or physicians.

Any **copays, deductibles** or **co-insurance balances** you may have **will be collected when you arrive.**

IF you have an unexpected balance after your insurance pays (additional co-insurance, outpatient copays, or deductibles) you may receive **two separate billing statements from:**



The Urology **Center** (a yellow invoice) for the facility. For billing questions call: 513-841-7475.



The Urology **Group** (a white invoice) for your physician. For billing questions call: 513-841-7474.

Third-party invoices

If you have any other services performed, you may also receive additional bills. **You would incur these same charges if your procedure was done as an outpatient at a hospital; however, these charges are typically less when done at The Urology Center.**

You may receive additional bills from separate companies.



Anesthesia charges are billed separately by Outpatient Anesthesia Specialists. For billing questions call: 855-551-0975.



If imaging is done for Medicare patients, ProScan will bill for the radiologist who reads your films. For billing questions call: 513-527-2270.

NOTICE OF PATIENT RIGHTS

Patients receiving care at our center or from one of our physicians or staff have a right to be treated with respect, consideration and dignity in a safe environment that is free of physical or psychological threats. Patients may exercise these rights and be treated without regard to age, race, color, religion, gender, national origin, handicap, disability or source of payment, and without fear of discrimination or reprisal. For a full description of our Notice of Patient Rights, you can request a copy from our Patient Navigator or visit www.urologygroup.com.



The Urology Group is one of the largest single specialty groups of urologists in the United States.

Our group consists of more than 35 board-certified urologists with convenient neighborhood offices and a state-of-the-art outpatient surgery center in Norwood.

Together, we offer our patients a comprehensive team of urologic healthcare providers – Greater Cincinnati's and Northern Kentucky's premier healthcare resource in this specialty.



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