

Instructions Following Prostate Biopsy

What can I expect after a prostate biopsy?

After the biopsy it is normal to experience the following symptoms:

- **Burning with urination:** It is normal to feel burning with urination for the first 24 hours after the biopsy. It may continue for up to three days.
- **Frequent urination:** This will improve over the first 24 – 48 hours.
- **Blood in the urine:** It is normal to have slightly red tinged urine, lasting from 12 hours to a few weeks after the biopsy.
- **Blood in stool:** You may notice blood streaks in your stool, or see it on the toilet paper. This may last a few weeks after the biopsy.
- **Blood in the semen:** This may last for weeks, sometimes a month or two after the biopsy.

How should I care for myself after the biopsy?

- Drink plenty of fluids to prevent blood clots and infection.
- Avoid strenuous exercise for at least 7 days.

When should I call my doctor?

Call the clinic (563-359-1641) if you have any of the following symptoms:

- Persistent urinary frequency or burning.
- Fever of 101 degrees or greater.
- Urine that is dark red or has large clots in it.
- Rectal bleeding with clots or stools that are pure blood.
- Persistent bleeding that lasts longer than 7 days.