

# EL CAMINO UROLOGY MEDICAL GROUP, INC.

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## Instructions Following Needle Biopsy of Prostate

- ✓ No heavy exercise or lifting for 2 days following the biopsy
- ✓ Antibiotic medication, which you have been given, should be completed as directed
- ✓ You can expect to see a small amount of blood in your urine or rectally for the first few days following the biopsy. You may also notice blood (pink or red if it is fresh, or brownish if older) in your semen for approximately one month following the biopsy. Small amounts of blood in your urine, semen, or rectal area should not be cause for alarm. If you feel that the amount of blood is excessive (e.g. blood clots in your urine) or if there is an excessive amount of rectal bleeding (e.g. persisting beyond the first few hours and enough to soak through a small pad, your urologist should be notified.
- ✓ If you should develop a shaking chill or have a temperature elevation over 100°F in the next 3-4 days, your urologist should be notified promptly. This may indicate a significant urinary tract infection and would require more extensive antibiotic therapy and possible urine cultures.
- ✓ A moderate slowing of the urinary system for several days after the biopsy is not unusual. If you develop a considerable amount of difficulty with bladder emptying, your urologist should be notified.
- ✓ Resume daily aspirin one week after bleeding has stopped.
- ✓ Resume exercise 48 hours after biopsy if bleeding has not occurred or 24 hours after bleeding has stopped.
- ✓ You are requested to call your urologist for a preliminary pathology report approximately 7 days after your prostate biopsy.
- ✓ Your urologist may ask you to arrange for a specific consultation appointment to review the biopsy results in greater detail. In some cases, you may be asked to have a special examination, such as an x-ray or bone scan, prior to this consultation. If your wife (or other family member) would like to attend this consultation, we encourage you to bring them.