



INSTRUCTIONS FOR PATIENTS FOLLOWING A PROSTATE BIOPSY

1. It is normal to experience some discomfort following the procedure. This usually lasts no more than an hour or two and is generally mild and easily controlled with simple analgesics such as Panado or Stilpayne. Do not take Aspirin for pain relief and if you have been using Aspirin on a regular basis, do not restart your daily dose until all the bleeding has stopped.
2. You will most likely pass blood in the urine the first few times that you empty your bladder. This is usually not painful but the small blood clots may make the urine stream spray or deviate so you may find it easier to pass urine sitting down instead of standing. Keep well hydrated, drink lots of fluid and the bleeding will usually settle spontaneously within 2-3 days.

There will also be blood present in the ejaculation. This is will be for the next several ejaculations and may be present for a few weeks following the procedure. This is completely normal and is no cause for alarm. There is no pain or other interference with sexual function. You may also notice a small amount of blood passing from the back passage the first time you have a bowel action. This is also normal and is not a problem unless the bleeding persists beyond 24 hours.

3. Continue your course of antibiotics until these are completed. If you develop a fever or shivering attack (rigors), contact me immediately on 033 329 5710.
4. The results of the biopsy will usually be available within three to four working days. I will contact you by telephone to let you know these results and to arrange or plan any additional treatment or investigations which may be required.