Instructions Following Prostate Biopsy

What can I expect after a prostate biopsy?
After the biopsy it is normal to experience the following sensations or 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 gradually improve over the first 24 to 36 hours.
- **Blood in the urine** – It is normal to have slightly red tinged urine or urine that resembles a rose or red wine color. This may last from 12 hours to 3 weeks after the biopsy.
- **Blood in stool** – You may notice red stains on the toilet tissue or see some bloody streaks in your stool. This may last for up to 5 days.
- **Blood in the semen** - this may persist for up to 6 weeks after your biopsy.

How should I care for myself after the biopsy?

- Drink plenty of fluids to prevent blood clots and infection in the bladder.
- Avoid strenuous exercise such as jogging, heavy lifting, golfing, and bike riding for at least 7 days.
- Take your antibiotics as directed and complete the full dose given.
- **Do not drink** alcoholic beverages until after completing your antibiotics.
- **Do not take aspirin and anti-inflammatory products such as Celebrex®** for 1 (one) week following prostate biopsy.
- Avoid sexual activity for 7 days.
When should I call my doctor?

Call the clinic (see contact information below) if you have any of the following signs and symptoms. These could indicate an infection.

- Persistent urinary frequency or burning.
- Fever of 101 degrees or greater.
- Urine that is cherry-red or has clots in it.
- Rectal bleeding with clots or pure bloody stools.
- Persistent bleeding lasting longer than 7 days.

Contact Information

If you have any of the signs or symptoms listed above, and for any questions or concerns please contact the University of Michigan, Department of Urology at 734-936-7030 during business hours (8:00 am – 5:00 pm). After business hours and on weekends, please call 734-936-6267 and ask to speak with the Urology Resident on call. If you need to see a doctor right away, please go to the nearest Emergency Room (ER). Have the ER doctor to contact the University of Michigan urology resident on call for assistance.