

Prostate Biopsy Discharge Instructions

How long will the effects of sedation last?

If you received IV **sedation** for your procedure (medication to help you stay calm and relaxed during the procedure), you may feel sleepy or different from normal for several hours after your biopsy.

For 24 hours after your biopsy, avoid activities that require alertness or coordination, including:

- Driving or operating heavy machinery
- Using power tools
- Cooking
- Climbing, riding a bicycle, or rollerblading or skating
- Drinking alcohol
- Making important or complex decisions
- Signing legal documents

How should I care for myself after the biopsy?

- Take your antibiotics as directed and complete the full dose we give you.
- Drink plenty of water to help prevent blood clots or a bladder infection after the biopsy.
- Avoid intense exercise such as jogging, biking, weightlifting, or intense aerobics for 7 days.
- Avoid sexual activity for 7 days.

What symptoms should I expect after my biopsy?

After your biopsy, it is normal to experience these symptoms:

- **Burning with urination (peeing):** This is normal and may last up to 7 days.
- **Strong, frequent urge to pee:** This should slowly improve over 7 days.
- **Blood in your urine (pee):** It is normal to have pink or red-colored pee. This can last up to 3 weeks.
- **Blood in your semen:** This may last for up to 6 weeks.
- **Blood in your stool (poop):** This is normal with a transrectal biopsy. You may notice some light bleeding that lasts up to 5 days.

When will I get my biopsy results?

- Your doctor will contact you within 7 days to review your prostate biopsy results and discuss next steps.
- If you are active in the online patient portal (MyUofMHealth.org), you may be able to see your test results as soon as they are available. Please be aware that you may see your test results in the portal before your doctor has reviewed the results or discussed them with you.

When should I call the doctor?

Please contact us if you experience any of these symptoms:

- Strong, frequent urge to pee, burning feeling while peeing, or difficulty emptying your bladder that isn't going away
- Fever greater than 101 °F
- Pee that is bright red or has blood clots
- Heavy rectal bleeding (bright red poop or poop with blood clots)

What is the contact information?

- On Monday through Friday between 8:00 AM - 5:00 PM, please call one of these numbers:
 - Urology Clinic: (734) 936-7030

- Cancer Center Urology Clinic: (734) 647-8902
- If you have urgent concerns after clinic hours or on weekends or holidays, please call (734) 936-6267 and ask for the Urology resident on call.

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