

# Post-Prostate Biopsy Instructions

## Immediately After Your Prostate Biopsy

- Go directly home and rest after the biopsy.
- Do not do anything strenuous for 48 hours.
- You should not be sexually active for 4 days.
- Drink plenty of fluids.
- Remember to take the antibiotic following the procedure; unless instructed otherwise
- It is normal to experience some bleeding from the rectum or to have blood in your urine for a few days after the procedure. You may also notice blood in your semen for 6 to 8 weeks following the procedure. If the bleeding is excessive proceed to the Presbyterian Hospital emergency room immediately and have them notify our office.
- You may take Extra-Strength Tylenol (acetaminophen) if you experience pain in the rectal area. Follow the directions on the bottle. If this does not control your pain please call the office. **Do not take aspirin or Ibuprofen** or any product containing aspirin (acetylsalicylic acid) or Ibuprofen for at least 4 days after the biopsy as this may increase bleeding.

### **SYMPTOMS REQUIRING URGENT CARE:**

If you experience excessive rectal bleeding proceed to the Presbyterian Emergency Room immediately and have them notify our office.

Call the office at 214-691-1902 if you experience any of the following symptoms:

- Fever > 101.5
- Excessive or unusual muscle aches

## Biopsy Results and Follow Up Appointment

- It generally takes 7 days for the pathology results from your prostate biopsy to be reported back to me.
- I will notify you of the prostate biopsy results as soon as I have reviewed them.
- If you do not hear from me by 7 days after your prostate biopsy please call the office and ask to speak with Rick.

## Follow Up Appointment

- Negative for cancer—If your prostate biopsy is negative (there is no cancer), you will need to schedule a follow up appointment for about 2 weeks following your biopsy.
- Positive for cancer—If your prostate biopsy shows cancer you will need to do the following:
  - Schedule scans if recommended by me. The scans need to be completed before your cancer consult with me so I may go over the results with you.
  - Call the office and schedule a 1 hour cancer consult with me
  - Watch the prostate cancer video on my website <http://www.patfulghammd.com> Select the Prostate Cancer page
  - Read the *Prostate Cancer Education and Preop Instructions* from my website located on the Prostate Cancer page