

Prostate Biopsy Discharge Instructions

If you had IV sedation with your procedure do not drive, operate machinery, drink alcohol, or make important decisions until tomorrow. If you did not have IV sedation there are no such restrictions.

It is normal to have urinary frequency, urgency, burning as well as rectal, scrotal, and penile pain, discomfort and ache after a prostate biopsy. This should get progressively better over time. If it fails to do so call 201-444-7070 for further instructions. You may take over the counter Tylenol for this pain. Do not take aspirin, Motrin, ibuprofen or other non-steroidal anti-inflammatory agents as this may increase bleeding.

It is normal to have some blood in the urine and stool for up to several days. This should get better over time. If visible blood is persistent beyond several days or severe call 201-444-7070 for further instructions. It is considered severe if there are blood clots in the urine to an extent that they interfere with urination or clots in stool similar in size to that of the stool. (A few small clots per rectum is not considered severe.) You may resume aspirin, Motrin, ibuprofen and other anticoagulants 36hrs after the gross bleeding from the rectum, stool and urine has resolved unless otherwise advised by your doctor.

It is normal to have blood in the ejaculate for up to several weeks. The ejaculate will be red then brown then brownish yellow and eventually return to normal. If you have no pain you may resume sexual activity in 2 days. If you experience pain with sexual activity do not engage in sexual activity until you have been pain free for 2 days.

You did receive an antibiotic with your procedure today. In addition you will take Ciprofloxacin 500mg twice a day for 48 hours unless otherwise prescribed below. If you develop fever ($>100.5^{\circ}\text{F}$), and/or shaking chills call 201-444-7070 for further instructions.

You should hear from Dr. Mackey's office with the pathology results within 2 weeks. If you have not heard by 2 weeks contact Dr. Mackey's office at 201-444-7070.

Prostate biopsy represents only a minute sampling of the prostate gland and is therefore known to be prone to false negative results. It is important that you continue to have your prostate checked regularly.