

## Prostate biopsy aftercare

---

Today you have had a prostate biopsy. Although it is unlikely you will have any serious after-effects it is important that you read the following advice.

---

- It is quite normal to see some blood in your urine, bowel motions and ejaculate (sperm). Blood in your sperm can last for up to a month.
- You will have been given a pad to wear following the biopsy. It is normal to see a few blood spots on the pad but this should not be excessive. If bleeding is more than a few spots, contact your GP, out of hours service or your nearest A&E Department.
- If you see blood in your urine, we recommend that you drink an extra 2 pints (just over a litre) of water over 24 hours on top of what you would normally drink.
- Even if you do not see blood in your urine it is still recommended to drink an extra pint (half a litre) of water a day for 48 hours after the biopsy.
- You should contact your GP if you have blood in your urine with any burning or discomfort as this can be a sign of a urine infection.
- If you are unable to pass urine please see your GP, out of hours service or attend the nearest A&E Department.
- If you experience any pain after the local anaesthetic has worn off, take some painkillers such as Paracetamol.
- **It is very important to see your GP, contact the out of hours service or attend A&E if you become unwell (flu like symptoms, hot and cold and shaky) or develop a high temperature following the procedure.**

### Who can I contact for more help or information?

The Urology Procedures Department can be contacted for advice on weekdays between 8.30am – 4.30pm via the Urology Clinical Admin Team 0118 322 8629.

This document can be made available in other languages and formats upon request.

Urology Procedures, Reviewed: April 2018  
Review due: April 2020