

## 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.
- You will have been given six antibiotic tablets, the first one you will have already taken prior to the procedure. Take the second tablet before you go to bed. For the next two days take one tablet twice a day as instructed on the box. This completes the course. **Please follow the instructions on your prescription box with regards to taking milk and indigestion remedies with these tablets.**
- **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 on 0118 322 8310.

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