

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 (poo) 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 Emergency Department (A&E).
- If you see blood in your urine, we recommend that you drink an extra two 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 Emergency Department.
- If you experience any pain after the local anaesthetic has worn off, take some painkillers such as Paracetamol, following dosage instructions.
- It is very important to see your GP, contact the out of hours' service or attend the nearest Emergency Department if you become unwell (flu-like symptoms, hot / 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 (CAT 3a) Tel: 0118 322 8629 or email rbb-tr.CAT3A@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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