

Instructions Following Your Prostate Biopsy

1. **You can reasonably expect the following:**
   * Blood in your urine, or on the toilet tissue following a bowel movement for **several days.**
   * Blood in your semen, or rust colored semen, **for up to six weeks. You are not still bleeding**: it just takes longer for your semen to clear. This will not harm your sex partner.
2. **Limit your physical activity during the first 24 hours:**
   * It is recommended that you put your feet up and relax during this time. **Increase fluid intake as much as can be tolerated, and urinate as frequently as possible.**
3. **Activities to avoid as long as there is blood in the urine or stool:**

* Golf, tennis, jogging, strenuous walking, vigorous exercise, weight lifting, riding bicycles or motorcycles, lawn mowing, and any other activity which may cause stress to the lower body.

1. **Medications to avoid as long as there is blood in the urine or stool, unless other directed by your physician:**

* **Aspirin, and products containing aspirin,** such as Alka-Seltzer, BC and Goody’s Headache Powders (aspirin is a blood thinner and may cause more bleeding that normal).
* **Ibuprofen** (Advil, Nuprin, Motrin), Aleve, and Ketprofen.
* **Coumadin** (which is used to thin the blood).
* **Plavix** (which is used to thin the blood).

1. **Use only Tylenol for pain for the next three days. Follow all label directions, as well as those of your Urologist.**
2. **Things to look for following a prostate biopsy:**

* Fever equal to or exceeding 100 degrees or more;
* An inability to urinate or sudden drastic change in your urine stream or force;
* Excessive blood in the urine (heavy bleeding – blood tinged is normal)
* The stool may have bloody streaks or there may be blood on the toilet tissue (but should not be extremely bloody)
* **If you experience any of these symptoms contact you doctor’s office immediately.**

1. **Make sure that you take all of your antibiotics as prescribed:**

* To avoid a serious infection in the area that is being biopsied, it is extremely important to complete every pill.