

# Discharge Instructions: Prostate Biopsy - GU

## What To Expect

- You may have blood-tinged urine and/or stool for a few days after this procedure.
- Your semen may remain blood-tinged for several weeks. This is old blood and does not mean you are actively bleeding.

## Restrictions

- You may shower or have a tub bath the day after your prostate biopsy.
- You may drive the day after the procedure.
- Avoid strenuous activity for 24 hours. After 24 hours, you may return to normal physical activity.
- If we stopped your blood thinner or aspirin medication before the surgery, it is generally safe to start taking those medications again 2 days after the surgery, unless instructed otherwise.
- If you took other types of medications before your surgery, you can start them again immediately.

## Pain Control

- Prostate biopsy should cause little or no pain after the procedure. Ibuprofen (Advil®/Motrin®) and acetaminophen (Tylenol®) are over-the-counter pain medicines that work very well for mild pain. Please take as directed on the bottle.
- **The maximum daily dose of acetaminophen is 4000 milligrams.** Check all medication labels. Acetaminophen may be an ingredient in over-the-counter and prescription medications.

## Diet

- You may resume your previous diet.

## Call Us If...

- you have blood in your urine for more than 2 days
- you have blood clots in your urine
- you cannot urinate
- you develop a fever of 101° F (38.3°C) or higher or if you have a fever with chills or sweats
- you cannot eat or drink without vomiting

If you have symptoms, questions, or concerns, please contact the Urology clinic at **716-845-3159**.

## Follow Up Care

- Your urologist will review the pathology report with you by phone, at a return clinic visit, or both.
- You should be scheduled for a follow up appointment in the clinic after your procedure.
- Since the follow up appointment is important whether the prostate biopsy is negative or positive, please contact the clinic if you do not have one scheduled or if you need to change the date or time.