

TRANS-PERINEAL PROSTATE BIOPSY

WHAT TO EXPECT



Blood in the urine is common for a few days after the procedure (this may be intermittent) but may occasionally take longer to resolve

Blood in the semen is common and may persist for a few weeks. It may be bright blood or brownish old blood. This is because the prostate produces most of the semen fluid. It is not dangerous and may be intermittent.

Burning and stinging with urination – this may last for a day or so after the procedure, particularly if you have a flexible cystoscopy at the time of the biopsy. This does not usually indicate infection. Ural (available over-counter at chemist) may assist in alleviating symptoms.

Bruising or discomfort in the perineum (area between the legs) is common. Paracetamol or ibuprofen may be helpful.

RETURN TO ACTIVITY



Most men are able to return to their normal activities within a day or so of the procedure

Driving can be resumed after 24 hours

Work – depending upon your occupation, you may be able to return to work the following day

however we recommend taking at least one day off

Lifting – avoid heavy lifting for 48 hours

Activities – most activities including running, gym, golf, cycling and swimming should be fine after 48 hours

Sex – avoid for 48 hours; there will most likely be blood in the semen but this is not dangerous

FOLLOW UP SCHEDULE



The results of your biopsy may take a week or more to be available. Most patients will have an appointment scheduled within 2 weeks. You may discuss the option of a phone call with your surgeon

WHEN TO GO TO EMERGENCY



Unable to urinate – this may be due to swelling of the prostate or bleeding and clots

Fever, chills or shakes – this may indicate infection