

Post-Operative Care Instructions: Transperineal Prostate Biopsy

What to expect:

- Blood in the urine is common for the first few days following your procedure, but in some cases it may take longer to resolve. This may be intermittent.
- 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 may last for a day or so following the procedure, especially if you've had a flexible cystoscopy at the time of the biopsy. This does not usually indicate infection. You may use Ural (available over the counter at pharmacies) to alleviate your symptoms.
- There may be bruising or discomfort in the scrotum or perineum (area between the legs).

Return to activity:

- Driving – no driving for 24 hours
- Work – depending on 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 at 48 hours
- Activities – you may resume normal activities after 48 hours, including exercise
- Sex – avoid for 48 hours; there is likely to be some blood in the semen for a few weeks but this is not dangerous.

Pain Management:

You may take ibuprofen or paracetamol if you are experiencing pain or discomfort. Ural sachets (available over the counter at pharmacies) can help with burning or stinging with urination.

FAQ:

How long do the biopsy results take?

The results of your biopsy may take a week or more to become available

Head to your nearest hospital emergency room if:

- You unable to urinate (uncommon, but may occur with severe swelling of the prostate or excessive bleeding and clots)
- You have fevers, chills or shakes (may indicate infection).

Follow-Up Information:

Our rooms will arrange a follow-up appointment with your urologist typically 1-2 weeks after your biopsy

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website melbourneurologycentre.com.au contact our rooms on 1300 702 811 or reception@urodoc.com.au