



Transrectal Ultrasound Guided Prostate Biopsy

Post-Procedure Information

Date: _____

Patient label

Today you had a transrectal prostate biopsy performed by Dr _____

There are a number of simple checks after all such procedures to ensure your continued wellbeing.

- You may experience a dull ache, like a bruise, in the area of the biopsy. This is normal. Paracetamol (Panadol) is usually sufficient to relieve discomfort.
- You may experience a small amount of bleeding when you move your bowels. There may also be some blood in your urine and semen. This is normal and may continue for up to two weeks. In some instances, blood in the semen may take longer to settle.
- You should drink extra water for the next 2 days. This is especially important if there is blood in your urine.

If you are unwell after your biopsy:

You should contact your family doctor (GP) or an after hours service if you experience mild symptoms. These might include:

- sweating and feeling faint
- increasing pain that is not relieved by panadol
- urinary retention (you are unable to pass urine)

It is important that you go to a public hospital emergency department if you experience any of the following:

- Heavy bleeding
- Chills or fever

These symptoms can become serious in a short period of time and help must be sought promptly. If for any reason you do have to seek medical help after insertion of markers, please contact the urology nurses on 021 221 3943 (week day, working hours) within 1-2 days so they can follow up on your progress.

Take this letter with you if you need to see a Doctor

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This information is correct at date of issue. Always check in the relevant Waitemata DHB policy manual that this copy is the most recent version.