



Day Surgery

Patient Advice Following Prostatic Biopsy

You have just had a procedure for a prostatic biopsy. This involves an examination through your back passage and taking a sample from the prostate gland.

Wound

You may notice some blood in your urine for the first 24 hours which should steadily decrease. To minimise the risk of infection, it is recommended that you drink at least two litres of water daily for the next few days.

Blood in your semen might be noted for a few weeks following your procedure.

Some rectal discharge may also be experienced for up to three weeks and you may require some form of protection in your underwear.

Pain

Following the procedure, you may experience some discomfort initially. You should take some pain relief as necessary. Always follow the instructions on the side of the packet and do not exceed the recommended dose.

Activity

You may bathe or shower as normal.

Avoid strenuous activity for three to four days following the procedure. This includes heavy lifting, digging the garden and playing golf.

Cycling and travelling on long journeys should also be avoided for the next seven days.

You can usually resume sexual activity after three to four days.

Avoid constipation by eating a high fibre diet.

Please continue to take antibiotics if prescribed until the course has been completed.

If you experience any of the following problems, please contact your GP or out of hours GP immediately:

- Large clots in the urine that are difficult to pass
- Excessive burning, stinging or an offensive smell when you are passing urine
- Flu-like symptoms, such as fever, shivering and feeling unwell for more than 24 hours

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to:

GP or out of hours GP	
Urology Nurses	01305 255145/255695
NHS Direct	111
Dorchester Day Surgery Unit	01305 254501 (day of procedure only)
Weymouth Day Surgery Unit	01305 762664 (day of procedure only)
Easton Day Surgery Unit	01305 255771 (day of procedure only)

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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