



Post-operative care following prostate biopsy

What to expect after your prostate biopsy?

- You may experience a burning sensation when you urinate over the next 2-3 days.
- You may notice a small amount of blood in your urine over the next 2-3 days, lasting up to 3-4 weeks.
- You may see blood in your semen for the next 6 weeks, this is normal and will clear up.
- There will be bruising around your perineum (skin between your scrotum and anus).
- You can resume normal sexual activity when there is no more blood in your urine.
- You will be contacted about your biopsy results when they are back, usually 2 business days.

What you can do to help with your recovery?

- Drink 8-10 glasses of water every day for the next 2-3 days. This will help you flush your bladder and reduce the risk of bleeding, clots from forming in your bladder and infection.
- To avoid waking up to go to the bathroom at night, try reducing your fluid intake 2-3 hours before bed.

When should you contact us?

- When you have bleeding for more than a 24-hour period, or the bleeding is not improving with drinking more fluids
- When you see blood clots in your urine
- Burning when you urinate lasting more than 5 days
- Unable to urinate – about 10% of men may experience this, and you may have to go to your nearest emergency department to have a temporary bladder catheter inserted
- Having fever, chills or rigors
- Any other problems or concerns

Further information:

If you have any concerns or questions, please contact as below:

- Urology nurse: 03 8415 1915 (during business hours)
- Ward 1 East, Epworth Freemason hospital: 03 9483 3602
- Your surgeon: (contact details on card)