



1818 N Orange Grove Ave, Suite 101, Pomona, CA 91711 • 909.236.3333 • FHUrology.com

Prostate Biopsy

Post-Procedure Care Instructions for Patients

WHEN YOU GET HOME

- Take it easy for the rest of the day. Most men return to normal activity the next day.
- **Drink plenty of water** for the next few days to keep urine flowing and flush out blood.
- Avoid heavy lifting, strenuous exercise, and long bike rides for about 3 to 5 days.
- A warm bath can ease soreness after the first 24 hours.

MEDICATIONS

- **Antibiotic: finish the entire course**, even if you feel completely well. This is the most important thing you can do to prevent a serious infection.
- Acetaminophen (Tylenol) is preferred for discomfort in the first couple of days.
- Resume blood thinners only when your provider tells you to — usually a few days afterward.
- Resume your other regular medications.

WHAT IS NORMAL

- **Blood in the urine** — pink or lightly red — for several days up to two weeks, often coming and going
- **Blood in the semen** — rust-colored, brown, or dark red — which can last **up to several months**. This looks alarming but is expected and harmless. It is not dangerous to you or a partner.
- Light spotting of blood from the rectum for a few days
- Aching or soreness in the perineum, rectum, or lower pelvis for several days
- Mild burning with urination and needing to go more often

ACTIVITY & SEX

- Return to work the next day if your job is not physically demanding.
- Hold off on strenuous exercise and cycling for about 3 to 5 days.
- You may resume sexual activity after a few days, or when comfortable. Expect discolored semen for some time.

YOUR RESULTS

Pathology results usually take about **one week**. We will contact you when they are available, and a follow-up appointment is typically scheduled to review them and discuss next steps. If you have not heard from us within 10 days, please call — do not assume no news means good news.

Follow-up appointment: _____

CALL THE OFFICE OR SEEK CARE RIGHT AWAY IF YOU HAVE

Fever over 101°F (by mouth) or shaking chills after a prostate biopsy is an emergency. Infection can progress quickly. Call 909.236.3333 immediately, and if you cannot reach us promptly, **go to the nearest emergency room and tell them you had a prostate biopsy.**

Also call for:

- **Inability to urinate**
- Heavy bleeding from the urine or rectum, or passing large clots
- Bleeding from the rectum that does not stop with gentle pressure
- Worsening pelvic or rectal pain rather than gradual improvement
- Feeling generally unwell, weak, dizzy, or confused
- Nausea and vomiting preventing you from taking your antibiotic