

# Prostate needle biopsy postprocedure instructions

## What is it?

A prostate needle biopsy is a surgical procedure that involves removing tissue samples from the prostate gland to check for cancer.

## After a prostate needle biopsy, what should I expect?

- Take care of yourself after your prostate biopsy. Limit your activities, and try not to do anything strenuous for 24 to 48 hours.
- Walk at least three times a day, gradually increasing your distance.
- You can anticipate bright red blood in the urine and in the stool for the first day or two. Call our office immediately if you notice significant clots in your urine that may or may not be obstructing urine flow, or continued rectal bleeding past 48 hours. You can expect mild blood in the urine (pink to light red) for up to a month after your prostate biopsy. Increase your fluids if you notice this change in urine color.
- You can anticipate blood in your ejaculate for up to two months after your prostate biopsy. The ejaculate may appear rust colored.
- Call if you have chills or a fever of 100.4° F, this could be an indication of an infection and should be reported to our office immediately.
- Please be sure to take your last antibiotic pill the evening of your biopsy as ordered by your physician and as stated on your instructions.
- Because of blood thinning effects, do not take aspirin, ibuprofen, Aleve or any other anti-inflammatory for pain. You may take Tylenol if needed. If you are on blood thinners (Plavix, Coumadin, aspirin, etc.) consult your urologist before restarting these medications.

**Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.**

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