

## *Post Prostate Biopsy Care & Information*

- You may experience some soreness in the rectum or penis that should resolve in a matter of hours.
- If you do experience discomfort you may take acetaminophen (Tylenol) plain as needed.
- Some bleeding from the rectum is common for the first day or two.
- You may notice blood in your urine, and you may pass small clots. This usually clears in a few days (occasionally lasts for a few weeks).
- Drink 6 to 8 glasses of water per day for the first two days after your biopsy to flush your system.
- Blood in the ejaculate (semen) is common for a month or more.
- Avoid vigorous exercise for the next few days until any rectal or urinary bleeding has stopped.
- Avoid activities that may exert pressure on the prostate for 5 to 7 days such as riding a bicycle, motorcycle, or horse.
- Wait 24 hours after rectal and urinary bleeding has stopped before resuming sexual activity.
- If you have stopped taking “blood thinners” prior to your prostate biopsy, you may resume taking them 24 hours after any urinary bleeding has stopped. Please contact your family doctor if you have any concerns about this.
- ***If you develop a fever, chills, persistent burning or pain with urination, difficulty passing your urine, persistent pain with defecation, persistent pain in the lower abdomen or severe continuous bleeding rectally or in the urine, go directly to the Emergency Department at the Civic or General Campus. If you live outside Ottawa please go to the nearest Emergency Department. Inform the staff in the Emergency Department that you have had a recent biopsy of your prostate. For any other concerns please contact your family doctor.***