



UROLOGY SURGICAL CENTER

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Business Hours: Monday-Thursday 7:00 a.m. – 4:30 p.m.; Friday 7:00 a.m. – 4:00 p.m.
24 hr number: (402) 489-8888

PRECAUTIONS FOLLOWING PROSTATE BIOPSY

The following is a guide to help you care for yourself following a transrectal biopsy of the prostate gland. It is important to avoid heavy lifting the day of the procedure and to adjust your activity based on how you are feeling after the procedure. In general, you can return to your normal activity the day after the procedure as tolerated.

Listed below are three conditions that you should particularly watch for. If any of the following occur, call Nebraska Urology and ask for your provider or local emergency room immediately.

- **Excessive pain**

You may experience some discomfort following the biopsy. Taking Tylenol (Acetaminophen) should alleviate your discomfort. If the pain becomes severe or is uncontrolled by the above measures, contact your Urology provider.

- **Excessive bleeding**

Do not be alarmed if you have some blood from your rectum, in your urine, and/or in your ejaculate. This is normal and may last up to 5 days for the bowel and urine and for 3-4 weeks in the ejaculate. Small clots from the rectum or in the urine are of no concern.

- **Fever of 101° F or more**

If you run a fever over 101° F, contact your Urology provider immediately. If you are unable to reach him/her, go immediately to the nearest emergency room and explain that you had a transrectal biopsy of the prostate.

Please feel free to contact your Urology provider if you have any questions or concerns. The phone number is (402) 489-8888.