

Patient advice following a Prostate Biopsy

How will I feel afterwards?

You should not feel unwell or tender after the procedure. If you feel any discomfort you can take your preferred over the counter pain relief - e.g. Paracetamol

What to expect?

- You may pass blood-stained urine (with or without clots) for up to a week after your prostate biopsies.
- Rarely, a small blood clot may cause a blockage to the passage of urine. If this happens, you will need to go to hospital to have a catheter passed into the bladder to let urine drain.
- You may pass blood-stained stools when opening your bowels for up to a week after your prostate biopsies.
- You may pass blood-stained semen when you ejaculate for up to a month or more after your prostate biopsies.
- If you have pain or burning when you pass urine you should visit your GP as you may have a urine infection and need further antibiotics.
- Rarely patients may experience temporary problems with erections due to bruising.
- Very rarely you may get an infection of the prostate, urine, or blood.

If you develop any of the following within 24 to 72 hours, or possibly up to one week, of having the biopsies taken:

- **High temperature (over 38° C or 100° F)**
- **Shivering**
- **Sweating**
- **Inability to pass urine**

You may need to be admitted for antibiotics to be given into a vein or to have a catheter fitted for a short time. Patients should ring - Tel: 0300 131 4500 Ext: 771431 for advice.

When can I return to work or normal activities?

This will depend on how physical your work or the activity is. We would recommend you do not resume anything that is strenuous for at least two days or possibly longer (until there is no blood visible in your urine or stools).

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The information above has been agreed by - Lead Consultant Urology - Mr Steve Garnett

Next review date: November 2025
Responsible clinician/author: Susan Crosby-Jones Matron

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