

## 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) at any point up to six weeks after your prostate biopsies.
- Rarely, you may experience a blockage to the passage of urine (with or without blood). 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 semen (fresh bright red blood, or 'rust-coloured' older blood) when you ejaculate for months after your prostate biopsies; it takes approximately 20 ejaculations for this to clear if it occurs.
- If you have pain or burning when you pass urine, which does not clear up within 24 hours with increased fluid intake, you should visit your GP as you may have a urine infection and need a course of antibiotics.
- Rarely, patients may experience temporary problems with erections due to bruising.
- Very rarely you may get a severe 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. You should ring Friston Ward - Tel: 0300 131 4500 Ext: 771431 for advice. If there is any delay, and you are unwell, you should attend your nearest Emergency Department for assessment.**

### 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 you feel completely returned to normal. We recommend avoiding cycling or similar activity for at least one week. If you have stopped taking blood thinning medication prior to the biopsy, please ensure your clinician has informed you when to restart it.

### 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](mailto: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](mailto: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.

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## Reference

The information above has been agreed by Consultant Urologists Ed Calleja, Mohammed Kamil Quraishi and Sarah Tang, and Associate Specialist Mithal Abdulnabi

The directorate group that has agreed this patient information leaflet:  
Diagnostic, Anaesthetic and Surgery

Next review date: March 2027  
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