

Transrectal Ultrasound and Prostate Biopsy Postoperative Instructions

The following instructions have been prepared to assist you in your care after transrectal ultrasound and prostate biopsy. This information covers the immediate postoperative period and provides guidelines for your convalescence.

Medications:

Tylenol for discomfort. You may resume all preoperative medications except Aspirin or aspirin-like medications. These medications should be restricted for three or four days. You should finish the last of the antibiotics that you were when your biopsy was scheduled.

Wound Care:

No special wound care.

Hygiene:

Resume normal hygiene.

Level of General Activity:

Do not drive, nor operate any equipment the day of or after surgery. Rest, not necessarily in bed, just take it easy. Gradually resume your routine schedule over the next few days. No strenuous activity for **one** week.

Sexual Activity:

No intercourse for one week, as such activity may cause bleeding from the prostate.

Diet:

Drink plenty of fluids and eat a light diet the day of surgery. You may resume a regular diet the following day. We encourage fluids the day of surgery, but would like you to restrict coffee or tea.

Return to Work:

You will be able to return to work in two days after your biopsy.

General Expectations of Your Surgery:

You should expect discomfort or tenderness in the rectum and penis for two or three days. Blood in your urine, stools, or ejaculate can be seen for several days. Do not become constipated. Take Metamucil or Citrucel, one tablespoon in juice every morning for five to seven days after the biopsy.

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Unexpected Observations:

Call your doctor for:

- Fever above 101.5 F
- Inability to urinate
- Large amount of blood in urine or stool
- Large clots in urine

Please call Scioto Valley Urology at 614-222-3369 if you have any of the above problems. Your follow up appointment should have been made for one week after the biopsy. If not, call 614-222-3369 for an appointment.