

## Following your trans rectal ultrasound guided prostate biopsy

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

### What happens after the test?

The biopsy specimens will be sent to the laboratory to be analysed by a pathologist. The results will be discussed with you directly. If they are completely normal this may be over the phone but if we find anything wrong you will be given an outpatients appointment to discuss the results with your doctor or specialist nurse. It is recommended that someone come with you if possible when you come to discuss your results. We would expect to have contacted you within two weeks from the biopsy.

### When can I get back to normal activities?

Following your biopsy you can eat and drink as normal, unless we give you any specific instructions. It is important that you drink well for at least three days. This is to make sure that the urinary system is well flushed which helps prevent clots and discourages infection.

You should not undertake heavy physical work for a few days especially if you are passing blood. You are able to drive after the procedure as long as you have not had any sedation.

You may have sex when you feel comfortable to do so. It is common to pass blood in the semen so some men prefer to wear a condom.

### When I am at home, what if I feel unwell after the procedure?

#### Bleeding:

It is expected that you will pass some blood after the procedure.

- If the urine is pink, that is alright.
- If the urine is dark red, and then turns pink that is alright.
- If the urine is dark red every time you pass urine for two days showing no sign of improvement, then please contact your doctor.
- If the urine is dark red and worsening with clots, then please see your doctor for immediate advice and possible admission.

- **If you are unable to pass urine at all we recommend attending Accident and Emergency Department for treatment**
- Bleeding usually only lasts for a few days but it can persist on and off for 3-6 weeks.

## Infection:

If you are having signs of a urinary infection please see your doctor as you may need further antibiotics. Sign to look out for are increased frequency of urination, taking into consideration we have recommended drinking more. Burning and stinging are also signs of urinary infection.

If you feel unwell with a temperature, especially if you are shivering and shaking we advise seeking urgent advice even if that means coming to Accident and emergency as, although unusual, this could be a sign of a more serious infection and if so you will need treating promptly.

## What if I need further advice and assistance?

Please do not hesitate to contact us if you are worried about any symptoms you experience after your procedure.

- In normal working hours Monday to Friday 8.30 – 17.00 telephone the urology nurses on 01271 311877. Please note that this may be an answerphone service as the nurses are often in clinic.
- If you are unable to speak to one of the urology nurses, contact your GP surgery or if it is an emergency come to the Accident and Emergency department. Alternatively telephone NHS direct for 111

## Medications

You may resume normal medications after your prostate biopsy, unless advised otherwise. Anticoagulants such as warfarin, clopidogrel or rivaroxaban should have been discussed with you at the time of biopsy and advice given as to when to restart these.

## References

Transrectal Ultrasound Guided Biopsies of the Prostate Gland - British Association of Urological Surgeons (BAUS) – May 2017

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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