

**MANCHESTER UROLOGY ASSOCIATES,  
INSTRUCTIONS FOR AFTER YOUR  
PROSTATE BIOPSY PROCEDURE**

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Patient Number: \_\_\_\_\_

- 1) After your prostate biopsies, please go directly home and plan to rest for the rest of the day. Please drink at least an 8 oz. glass of water for the next six (6) hours.
- 2) A small amount of bleeding is expected after prostate biopsies from the rectum, in the urine for about three (3) to four (4) days, or in the ejaculate for the next several weeks. Please call the Manchester Urology Associates office or on-call physician at **603-669-9200** if you are concerned about excessive or prolonged bleeding.
- 3) Please take the remainder of the antibiotics that you were prescribed. Please call the office immediately should you experience a fever over 100 degrees F., shaking chills, or any other symptoms which concern you.
- 4) It is normal to experience burning on urination for 24 hours after the biopsies. If you are having trouble urinating, try to urinate into warm tub baths. This may lessen your discomfort. If you are still having trouble passing your urine, call the office or on-call physician.
- 5) Unless instructed otherwise, you may resume all of your regular medications, including blood thinners (anticoagulants) the following day as long as you are experiencing minimal or no bleeding. If you are not sure, please call the office or the physician on-call to discuss.
- 6) After the procedure, some men note a clear to brownish discharge from the penis. This is normal. Please notify your doctor if this does not resolve within one month or if it is associated with any pain, fever, or difficulty urinating.
- 7) You should avoid any heavy lifting or strenuous exercise for three (3) days after the procedure in order to minimize the possibility of significant bleeding. Likewise, please try to avoid straining to have a bowel movement. You may find over-the-counter laxatives or stool softeners helpful.
- 8) Avoid sexual activity for 48 hours after the procedure.
- 9) Be sure to make a follow-up appointment with your doctor. If someone in the office does not contact you within ten (10) days with biopsy results, please call the office directly and ask for your physician or his/her nurse.
- 10) Call the office or on-call physician if you experience any adverse reactions to any of the medications that you were prescribed, especially rash, nausea, vomiting or difficulty breathing.

I have read these instructions and understand them completely. Answers to my questions have been answered to my satisfaction. I will contact Manchester Urology Associates at 603-669-9200 if I have questions or concerns about my condition after the procedure.

Signed \_\_\_\_\_ (patient)

\_\_\_\_\_ (witness)

Date \_\_\_\_\_