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POST PROSTATE BIOPSY INSTRUCTIONS

What can I expect after a Prostate Biopsy?

After Biopsy it is normal to experience the following sensations or symptoms:

- Burning with Urination- It is normal to feel burning with urination for the first 24 hours. It may continue for up to 3 days.
- Frequent Urination- This will gradually improve over the first 24-36 hours.
- Blood in the Urine- It is normal to have slightly red tinged urine or urine that resembles a rose or red wine color. This may last from 12 hours to 3 weeks after Biopsy.
- Blood in the stool- You may notice red stains on the toilet tissue or see bloody streaks in your stool. This may last for up to 5 days.
- Blood in the Semen- this may persist for up to 6 weeks after your Biopsy.

How should I care for myself after the Biopsy?

- Drink plenty of fluids to prevent blood clots and infection in the bladder.
- Avoid strenuous exercise such as jogging, heavy lifting, golfing, and bike riding for at least 7 days.
- Do not take Aspirin, Blood thinners (Plavix, Coumadin) and any anti-inflammatory products (Celebrex) for 5 days after Prostate Biopsy.
- No sexual Intercourse for 14 days.

When should I call my doctor?

Call the clinic (732-826-0059) if you have of the following signs and symptoms. These could indicate infection:

- Persistent urinary frequency or burning.
- Fever of 101 degrees or higher.
- Urine is cherry-red or has blood clots in it.
- Rectal bleeding lasting longer than 7 days.

Any questions or concerns please contact our office (732)826-0059.