



## **Following your trans rectal ultrasound guided prostate biopsy**

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.

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.

**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. Signs 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.

## **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