



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Following Your Prostate Biopsy

Information for patients, relatives and carers

General Surgery and Urology

① For more information, please see
who to contact section on page 6

The York Hospital
Wigginton Road, York, YO31 8HE

Tel: 01904 726978

Scarborough Hospital
Woodlands Drive, Woodlands Drive, YO12 6QL

Tel: 01723 385246

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This leaflet contains important information that you need to know following your prostate biopsy procedure. You will have received advice from the nurse when you were discharged and this leaflet contains the same information to help remind you. Please read this leaflet and keep it in a safe place in case you need to refer to it at a later date.

Recovering from your prostate biopsy

We hope you recover well from your biopsy as most men do. You don't need to go to bed but do take things easy when you get home and certainly for the first few days following the procedure.

It is important that you know the difference between the normal things to expect after the biopsy and the more serious things that very occasionally may happen. The normal things you are likely to experience are covered in the next section. The more serious symptoms are addressed in **When and how to seek Help** on page 5.

We advise you to travel home accompanied by a relative or friend when you have had the procedure. We also advise you not to drive yourself home and that you have somebody at home who will be on hand if you do become unwell.

Things to look out for

Small amounts of bleeding in your urine and from your rectum are to be expected for up to two weeks following your prostate biopsy. It is normal to experience this sort of bleeding and you should not be concerned unless bleeding fails to settle (see **When and how to seek help**) on page 5.

By “small amounts” we mean dribs and drabs of blood which settles on its own. Sometimes bleeding doesn’t start until 48hours after the procedure and may stop and start over the next few days. Spots of blood may appear when you go back to your usual activities. Please be reassured that these are all normal. Heavy bleeding that fails to settle should be acted upon urgently however and this is addressed in the next section.

Discoloured semen caused by blood in the ejaculate can be seen for up to six weeks following biopsy. Again, this is normal and this isn’t something we would be normally be concerned about. If it fails to settle after this time, mention it to your GP.

Avoid strenuous exercise for 48 hours following your prostate biopsy as this increases the risk of heavy bleeding.

When and how to seek help

It is highly unlikely you will experience any of the following, but on rare occasions these things do happen so we need to warn all our patients about them.

Seek urgent medical attention with any of the following

- Symptoms of Sepsis (blood poisoning):
Flu-like symptoms = raised temperature, shivering/shaking or feeling generally unwell.
Be on the lookout for this for 10 days after your biopsy.
- Heavy bleeding: Bleeding that drips away from your body and does not stop.
- Unable to pass urine.
- Adverse reaction to antibiotics: rash, swelling, vomiting, diarrhoea.

If you experience any of these, assume it's because of the biopsy and waste no time in getting to see a Doctor urgently. Bring your discharge letter with you and explain you have had a prostate biopsy. **You should telephone your GP, contact your out of hours GP or attend your nearest Emergency Department.**

Other good advice for the day of your biopsy

- Take in a bit more extra fluid today and for the first few days following biopsy (this may help to reduce your chance of urinary tract infection).
- Avoid alcohol (this may interfere with the antibiotics you have been given and put you at greater risk of serious infection).
- Avoid driving or operating machinery (the antibiotics may make you feel drowsy).

Who to contact

Contact your GP if you have any other queries about your biopsy or your on-going care.

If you have any other comments or non-urgent enquiries you can call your Urology Specialist Nurse:

For York Patients please contact Sarah Hillery on 01904 726978 (Monday, Tuesday and Wednesday 8.00am to 2.00pm)

For Scarborough/Bridlington Patients please contact Carolyn Spence on 01723 385246

If your biopsy took place at the Urology Diagnostic Centre in Malton, please call the nurse at the hospital closest to your home address.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Sarah Hillery, Advanced Urology Nurse Practitioner,
Department of Urology, The York Hospital, Wigginton
Road, York, YO31 8HE or telephone 01904 726978.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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