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Diplomates of the
American Board of Urology

INSTRUCTIONS FOLLOWING PROSTATE BIOPSY

THINGS NOT TO DO!

1. No strenuous, heavy or physical activity for 24 hours. This includes jogging, tennis, golf, bicycle, or horseback riding.
2. Abstain from sexual activity for 24 hours.
3. Do not strain to move your bowels and do not use an enema for 24 hours, as this could cause bleeding. If you are constipated, take an oral laxative only.

WHAT TO EXPECT.

4. You may have bleeding from your rectum. This should resolve over the next 24-48 hours.
5. You may also pass blood with urination. If this happens, drink plenty of fluids. It should resolve within 48 hours.
6. You may also notice blood in your semen.

WHAT TO CALL ABOUT.

7. Inability to urinate or difficulty urinating.
8. Continual passage of blood or blood clots which interferes with urinating or bowel movements.
9. If you have pain or burning with urination after completing the medication, this usually signifies an infection and will require additional antibiotics.
10. Any fever, chills, or vomiting, contact our office immediately.

TAKE SECOND ANTIBIOTIC TOMORROW MORNING.

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