

## After Your Prostate Ultrasound and Biopsy

### *Self-care instructions*

*This handout gives self-care instructions to follow after having a prostate ultrasound and biopsy. It includes a list of symptoms that require a call to your doctor or nurse.*

### **What to Expect**

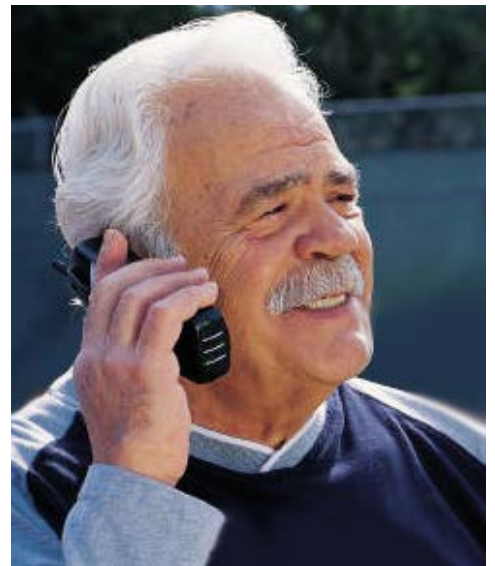
Today you had your prostate ultrasound and biopsy. After these procedures:

- It is normal to have some discomfort in your rectal area and at the base of your penis.
- It is normal to have some blood in your urine and stool for 1 week.
- For some patients, blood in the urine may last for up to 1 month.

### **Self-care**

To avoid problems, please follow all the instructions in this handout. Call us right away if you have any of the symptoms listed under “When to Call.” (See phone numbers on page 2.)

- Take all of your antibiotics as prescribed. Do **not** skip a dose.
- Drink more fluids for the next 1 or 2 days. Extra fluids will help keep blood clots from forming in your urine.
- Limit your activity, especially strenuous activity, for 24 hours. After that, you can resume your normal activities. If the amount of blood in your urine increases after resuming your normal activity, limit your activities for 2 more days.



*Call us right away if you have any of the symptoms listed under “When to Call” on page 2 of this handout.*

- Do not ejaculate for 3 days if possible. After 3 days, you may see some blood in your semen, or your semen may be a different color than usual. This is normal and can last a few weeks or even a few months.

## When to Call

Call us **right away** at one of the phone numbers under “Who to Call” below if you have:

- Burning or discomfort when you urinate
- Chills or fever over 101°F (38.3°C) at any time
- A large amount of blood or blood clots in your urine that make it hard to urinate
- A large amount of blood in your stool
- Any problems urinating
- Severe pain

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

### Prostate Oncology Clinic

UW Medical Center  
1959 N.E. Pacific St.  
Seattle, WA 98195

Call 206.598.6088  
weekdays from 8:30 a.m.  
to 5 p.m.

After hours and on weekends or holidays, call 206.598.6190 and ask for the resident on call for Oncology to be paged.

### UW Eastside Specialty Center

3100 Northup Way  
Bellevue, WA 98004

Call 425.646.7777  
weekdays from 7 a.m. to  
8 p.m. and Saturdays  
from 9 a.m. to 8 p.m.

## Who to Call

If you had your ultrasound at:

### Prostate Oncology Clinic

- Weekdays from 8 a.m. to 5 p.m., call **206.598.6088**. Ask for your doctor’s nurse.
- After hours and on weekends and holidays, call **206.598.6190**. Ask for the Urology doctor on call to be paged.

### UW Eastside Specialty Center

Call **425.646.7777**:

- Weekdays from 7 a.m. to 8 p.m.
- Saturdays from 9 a.m. to 8 p.m.