

Home Care After Transrectal Prostate Needle Biopsy

Your doctor did a transrectal needle biopsy to get a sample of cells from your prostate gland. A pathologist will use a microscope to check the sample for cancer.

This factsheet tells about somethings that often happen after a needle biopsy. It also tells about problems to watch for as you heal.

The results should be ready within 1 week of your biopsy. If you do not have your results in 1 week, call our nurse line: 801-587-4379.

Instructions for Home Care

Take it easy on the day of your biopsy. You can start normal activity the next day.

You may get a prescription for antibiotic medicine to prevent infection. It is important that you take the pills as directed until they are gone.

If your antibiotic medicine is Ciprofloxacin or Levofloxacin, you will need extra rest. Avoid exercise that takes a lot of effort while you are taking this medicine and for 48 hours after it is gone.

Although it is not common, these medicines may have side effects that involve your joints and tendons. Call the nurse line right away if any of these things happen:

- Pain or swelling of tendons, especially near your ankle or your shoulder
- Pop or snap in a tendon area
- Bruising in a tendon area
- Weakness or inability to use a joint or limb

It is important that you drink enough water. This helps prevent problems with urination. It also helps flush blood from your bladder. If your urine is red or pink in color, make sure to drink plenty of water until the color is normal.

For pain, use extra-strength acetaminophen such as Tylenol until all bleeding has stopped. After that, you can use ibuprofen such as Advil. You can get these from any pharmacy without a prescription.

Bleeding after Your Prostate Needle Biopsy

Many patients have some bleeding after prostate needle biopsy, including these:

- **Blood in the urine.** This will usually stop within a few days, but it can last up to 2 weeks.
- **Small amount of bleeding with bowel movements.** This usually stops within a few days. It can last up to 2 weeks.
- **Blood in the semen.** A slightly bloody or pale brown color is normal. This usually stops in 10 to 14 days. It can last as long as 2–3 months.

It is normal for these kinds of bleeding to happen. Some medicines you take may cause you to bleed more:

- Daily aspirin
- Blood-thinning medicines such as ibuprofen or warfarin

If you have a blood-clotting disorder, you may have more severe bleeding. Your doctor may give you special instructions.

When to Call the Nurse Line

If any of these problems happen, call right away:

- Bleeding that lasts beyond the times listed above
- Bleeding that gets worse
- Bleeding from the rectum that happens:
 - more than 24 hours after the biopsy, and
 - when you are not having a bowel movement
- Signs of infection
 - Fever higher than 100.4°F (38°C)
 - Flu-like symptoms
 - Chills
- Pain when you urinate
- Hard time with urinating

Contact your cancer care team via MyChart or call

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In an emergency, call 911 or go to your closest emergency department.