

**UROLOCARE HOSPITALS**

(Pty) Ltd. Reg. No/nr. 2001/005764/07

## **TRANSRECTAL ULTRASOUND - GUIDED PROSTATE BIOPSY**

### **Home education**

1. Following the biopsy, do not perform any activity that requires heavy lifting or straining. You may resume your normal activities the day after the biopsy.
2. You may see a small amount of blood in your urine and/or semen and when you have a bowel movement (from rectal bleeding) for several days after the biopsy. It helps to drink plenty of liquids (at least 8 glasses per day) for 1 to 2 days to clear your urine. You may see blood in your semen for up to 6 weeks.
3. If you experience fever, chills, fatigue, difficulty urinating or if the bleeding gets worse, contact your urologist immediately.
4. It will take approximately one week to get results from the laboratory. Please phone your doctor's rooms to confirm a follow-up appointment for your results.

Cnr Grosvenor & Pretorius St, Hatfield  
Pretoria, 0083, South Africa  
P.O Box 13271, Hatfield, 0028  
Tel: (012) 423 4000 Fax: (012) 342 1233  
Email: [urology@urology.co.za](mailto:urology@urology.co.za)

[www.urology.co.za](http://www.urology.co.za)