

Prostate Biopsy

SUNA Postoperative Care Task Force

Overview

Prostate biopsy is a procedure to remove tissue samples from the prostate to check for the showing of cancer. The procedure takes place in the office. Most patients do not find the procedure too painful or uncomfortable. The main risk of the procedure is infection, which occurs in only about 1% to 2% of men after a biopsy.

Indications

- Abnormal digital rectal exam (DRE).
- Increased prostatic-specific antigen (PSA).
- Clinical findings of possible prostate cancer.

What to Expect Before the Procedure

- Do not to eat or drink anything after midnight on the evening before your procedure.
- Please make plans for your ride home. You will not be able to drive yourself home after the procedure.
- You may need to have lab tests, X-rays, and electrocardiogram (EKG) done before your procedure, if ordered by your provider.
- You may be asked to attend a clinic visit before the procedure for an exam and review of test results.

What to Expect After the Procedure

- Drink an increase in fluids to prevent blood clots.
- Finish all your antibiotics as instructed, even if feeling good.
- Do not drink alcohol until after you finish your antibiotics.
- Stop sexual activity for 7 days after the procedure.
- It is common to experience the following:
 - Urinating frequently. This will get better over the first 24 to 36 hours.
 - Pain in the area between the anus and the scrotum for a few days to a week.
 - Blood in your urine for a few days to several weeks.
 - Blood in the stool may last up to 5 days.
 - Blood in the semen for 3 to 6 weeks.
 - Burning with urination for several days.

Complications and Call the Clinic if You Experience:

- Fever/chills. A fever of 101 degrees F or greater could be a sign of an infection.
- Urine that is cherry red or has clots in it.
- Rectal bleeding with clots or all bloody stools.
- Continuous bleeding that lasts longer than 7 days.
- Not being able to urinate.
- Any questions or concerns.

****If you are unable to reach the clinic and are in need of immediate assistance, please proceed to the nearest Emergency Department.**

Resources

- Borghesi, M., Ahmed, H., Nam, R., Schaeffer, E., Schiavina, R., Taneja, S., Weidner, W., & Loeb, S. (2017). Complications after systematic, random, and image-guided prostate biopsy. *European Urology*, 71(3), 353-365. <https://doi.org/10.1016/j.eururo.2016.08.004>
- Liss, M.A., Ehdaie, B., Loeb, S., Meng, M.V., Raman, J.D., Spears, V., & Stroup, S.P. (2017). An update of the American Urological Association white paper on the prevention and treatment of the more common complications related to prostate biopsy. *Journal of Urology*, 198(2), 329-334. <https://doi.org/10.1016/j.juro.2017.01.103>
- Urology Care Foundation. (n.d.). *Prostate biopsy: What you should know*. <https://www.urologyhealth.org/urology-a-z/p/prostate-cancer/videos/prostate-biopsy-what-you-should-know>

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We hope you and all your family members may benefit from these handouts.

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