



Transperineal prostate biopsy: aftercare advice

Information for patients from the Urology Department

How will I feel after my prostate biopsy?

Following your prostate biopsy you may feel moderate discomfort for several days, including when you pass urine. This is not uncommon and will normally ease off within a week.

It is also normal for you to have a small amount of blood in your urine and sperm; this should disappear within a week as well. However in the semen this can last up to eight weeks.

The pain / bleeding is severe, what should I do?

If you have severe pain, a large amount of bleeding, fever, shaking, severe sweating, or are unable to pass urine, please contact the Urgent Treatment Centre at Kent and Canterbury Hospital on telephone 01227 86 41 45 as soon as possible; there is a urology doctor on call 24 hours a day.

If you come to the hospital you will need to tell the doctor that you have had a transperineal prostate biopsy and give them the names of any antibiotics you have been given. You will not usually receive antibiotics for this procedure.

What tablets will I take after my procedure?

You may be given a three day course of Ciprofloxacin 500mg antibiotics to take home. You should take one tablet twice a day until you have finished the course.

We also advise you to take either paracetamol or ibuprofen to target any pain you may feel, as long as it is safe to do so and does not affect any of the other medications you may take. If in doubt, please speak to your GP

Can I drive after my procedure?

You cannot drive for 24 hours after your procedure or until your pain allows and an emergency stop can be handled pain free. Please arrange for someone to take you home from hospital after your procedure.

What if I have any questions or concerns following my treatment?

Should you have any questions or concerns about your condition you must contact your GP or if appropriate, go to the Urgent Treatment Centre at Kent and Canterbury Hospital, where there is 24 hour cover.

If neither of these is an option, please go to your nearest Emergency Department.

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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