

### WHAT TO EXPECT

- Blood debris and small blood clots in the urine is common. Blood spotting in the stool and ejaculate is also normal. These symptoms can take a few weeks to resolve.
- Mild burning on urination and increased urgency and frequency can occur for several days.
- Discomfort and soreness in the rectum is normal. Apply cool compress to area as needed.

### ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after the biopsy. Anesthesia can make you feel light headed & dizzy.
- It is ok to shower the day after the biopsy.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) until blood in urine clears.
- No sexual activity for at least 48 hours. Please consult your doctor regarding timing.

### DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week. This will help clear up your urine quicker and prevent blood clots.

### MEDICATIONS

- Take Tylenol (500 mg every 6 hours) as directed for any pain or discomfort.
- If you were taking an antibiotic that was started before your biopsy, you should continue this antibiotic until the course is completed. If you only received an antibiotic the day of your biopsy, then no additional antibiotics are required.

### CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6F, severe chills, continued nausea or vomiting
2. Inability to urinate
3. Increasing amount of blood in your urine or very large blood clots
4. Significant bleeding from your rectum (rare)

### FOLLOW-UP:

- Your doctor will call you with biopsy results within 1 week of the procedure. If you have not received a call within 1 week, please call the office to inquire about your results.
- If you already have an appointment to discuss the biopsy results, please keep this appointment.

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*

**\*If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*