

Dr Karen M Latzko  
Dr Barry R Rossman



## UROLOGY GROUP of PRINCETON

Forrestal Village  
134 Stanhope Street  
Princeton, NJ 08540  
609-924-6487  
Fax 609-921-7020



Dr Stanley E Rosenberg  
Dr Alex P Vukasin  
Dr Alexei Wedmid

### POST PROSTATE ULTRASOUND AND BIOPSY INSTRUCTIONS

1. You have undergone an ultrasound examination of your prostate, whereby your doctor has also performed ultrasound-guided needle biopsies of the prostate gland as well.
2. Expect some blood in both the urine and the stool following your biopsy. The urinary bleeding most commonly occurs at just the beginning and end of the stream, but can be the entire stream. This typically resolves on its own in 1-2 days, although may last several days in certain circumstances, and can even reoccur up to two to three weeks later. Rectal bleeding most typically is seen with the first and second bowel movements only, and resolves on its own.
3. Almost all patients experience blood in the semen which lasts for several ejaculates. Typically, the semen is red the first time (especially if you ejaculate within the first few days post biopsy) and then gradually becomes brown, followed by a tea-color and then clears. Occasionally, this will persist for more than one month and does not indicate a problem or require treatment.
4. You may experience some pressure and sensitivity in the pelvis and genital area when the local anesthesia wears off. A rare patient also may experience a reduced urinary stream as well as some urinary frequency and urgency symptoms. These symptoms are almost always transient and usually resolve quickly.
5. Decrease your activity level for 24 hours, and then you can gradually resume your normal exercise, etc. if there is no significant bleeding.
6. Increase your fluid intake, especially if bleeding or other problems are noted.
7. No aspirin or any other blood thinning medications (Coumadin, Plavix, Pradaxa, etc.) for 24 hours following the biopsy or until all bleeding stops.
8. Contact us on an urgent basis if you develop fever greater than 101, retention of urine with inability to void, or significant bleeding.
9. Your biopsy results should be available in three to ten days depending on the day the biopsy is done, the type of biopsy testing to be performed, and the lab to which the specimen needed to be sent. The results of the biopsies will be relayed to you either by phone or you will have been instructed to schedule an appointment to receive those results (based on your doctor's preference). If you have not received your results after 10 days please contact our office.