

Care After Prostate Ultrasound or Biopsy

This information will help you care for yourself when you get home.

Activity

- Do not lift anything heavy or exercise for 48 hours.
- Do not have sexual activity for 3 to 4 days.

Medicines

- Do not take aspirin for 1 week.
- It is OK to take acetaminophen (such as Tylenol®).
- Take all medicines as directed by your health care provider.
- Check with your health care provider before taking blood-thinning medicines (anticoagulants).

Food and Beverages

- Resume your normal diet.
- Drink 8 glasses of water a day.

Special Instructions

- You may see blood in your urine, stool or semen.
- Sit in a warm bath for discomfort or urinating problems.

Your Health Care Provider

Name: _____

Phone number: _____

When To Call Your Health Care Provider

Call your health care provider if you:

- have blood in your urine, stool or semen that lasts more than 3 or 4 days
- have chills or a temperature higher than 101 F
- are unable to urinate
- have any questions or concerns
- do not receive your procedure results within 5 business days.

Follow-up Appointment

Call to schedule your follow-up appointment.