

# Post-Op Instructions After Transperineal Prostate Biopsy

These instructions apply whether or not MRI fusion was used. Most patients recover without major problems.

## What's Normal

- Mild soreness, bruising, or tenderness in the **perineum** for a few days.
- Light blood in the urine for a few days. This may come and go.
- Blood in the semen for several weeks. It may look red, brown, or rust-colored.
- Mild burning, urgency, or urinary frequency for a short time.
- Drink extra fluids to help clear the urine unless another doctor has told you to limit fluids.
- Most patients only need Tylenol/acetaminophen or no pain medicine at all.

## Call the Clinic / Send a MyChart Message

- For **non-urgent** questions or concerns, send a MyChart message or call the clinic at **832.556.6046**.
- Bleeding that is not heavy but lasts longer than expected.
- Urinary symptoms or discomfort that are worsening but you are still able to urinate.
- Pain or perineal soreness that is not improving after a few days.
- Questions about your biopsy results, follow-up, or next steps.
- If you would like to review the results sooner, we can arrange an office visit or telehealth visit.

## Go to the ER / Seek Urgent Care

- **Fever 100.4 F / 38 C or higher**, shaking chills, or feeling ill. This can be a sign of infection or prostatitis.
- **Unable to urinate**, worsening bladder pressure, or only a few drops coming out.
- **Heavy blood in the urine**, large clots, or urine that stays thick/dark red despite fluids.
- **Severe worsening pelvic or perineal pain**, especially if you also feel sick.
- Persistent vomiting or inability to keep fluids down.

## Self-Care and Activity

- **Today:** rest, walk, and do light activity as tolerated.
- Avoid strenuous exercise, heavy lifting, bike riding, and ejaculation for **24 - 48 hours**, then resume as tolerated.
- If you received anesthesia or sedation, do not drive, drink alcohol, or make important decisions for **24 hours**.
- You may use an ice pack over underwear for perineal soreness: **10 - 15 minutes at a time** as needed.
- If you were asked to hold aspirin, anti-inflammatory medicines, or blood thinners, restart them only as instructed.

## Results and Follow-Up

- Biopsy results typically take about **1 week** and may appear in MyChart before my office contacts you.
- If no cancer or only very low-risk cancer is found, we usually arrange PSA monitoring every **3 - 6 months**.
- If cancer is found, this usually is **not an immediate emergency**. We often complete additional tissue testing and any needed imaging before the consult so we can review the full picture together.
- When treatment planning is needed, I often coordinate the visit with our **oncology nurse navigator**, who may join us for the formal consultation.