



## Day Surgery Department

# Patient Advice Following Transperineal Template Guided Biopsies

You have just had a procedure to take biopsies from your prostate. This procedure is usually carried out as a day case.

### **Pain/Medication**

The surrounding area has been numbed with local anaesthetic which normally wears off within four to eight hours. After this time you may experience some perineal pain or discomfort. It is advisable to take pain relief regularly and as necessary. Always follow the instructions on the side of the packet and do not exceed the recommended daily dose. You should avoid any medication containing aspirin for 24 hours as it causes blood thinning and could therefore increase the risk of bleeding.

You have been given antibiotics and alpha blocker tablets which you should continue to take until you have finished the course.

### **Wound**

You may notice some blood in your urine for the first 48 hours which should steadily decrease. To minimise the risk of infection, it is recommended that you drink at least two litres of fluid daily for the next few days.

You may notice blood in your semen for up to three months following your procedure.

Thick padding will have been placed over the perineal area to minimise the risk of excessive bruising. This pad will be removed before discharge. You may require some form of protection in your underwear for the first few days. There will be some bruising of the skin which can spread to the scrotum.

In some instances the prostate can swell and prevent you from being able to pass any urine. This is called urinary retention and you will need to have a catheter inserted into the bladder. This will allow the urine to drain away for a few days whilst the swelling goes down.

### **Work**

Your own circumstances will determine when you return to work. You can self-certificate for one week. Please contact your GP for a certificate if further time off work is required.

### **Activity**

You can bathe or shower as normal.

It is natural to feel tired over the next couple of days. This is normal and is your body's natural reaction to the stress of the procedure. Take it easy for the first few days. It is recommended that you take regular short walks to help the circulation in your legs.

You must not drive for the first twenty four hours if you have had sedation or a general anaesthetic. This is a requirement of the Road Traffic Act.

Avoid constipation by eating a high fibre diet.

### **If you experience any of the following problems, please contact your GP or out of hours GP immediately:**

- Urinary retention
- Large clots in the urine that are difficult to pass
- Excessive bleeding
- Excessive burning, stinging or an offensive smell when you are passing urine
- Flu-like symptoms such as fever, shivering, general aching or feeling unwell within the first 24 hours.

### **Contact Numbers:**

We hope that you have found this information useful. If you have any questions or are worried about anything, please call:

Your GP or out of hours GP

Urology Nurses

01305 255145 or 255695

NHS Direct

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Dorchester Day Surgery Unit

01305 254501 (day of procedure only)

Weymouth Day Surgery Unit

01305 762664 (day of procedure only)

### **About this leaflet:**

Author(s): Laura Gower, Staff Nurse

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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Williams Avenue, Dorchester, Dorset DT1 2JY

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