

## Lake Success Division

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2001 Marcus Avenue  
Suite #N214  
Lake Success, NY 11042

**Telephone:** 516-437-4228  
**Facsimile:** 516-355-0637  
www.AUCNYLakeSuccess.com

## Discharge Instructions for Prostate Biopsy under Sedation

### Notify your physician immediately for any of the following:

- Temperature of 100 degrees or greater.
- Chills or shaking.
- Excessive bleeding in urine or stool.
- Inability to urinate.

### Activity

- Do not drive or operate machinery for 24 hours.
- Only limited activity today. No heavy lifting or strenuous activity.
- Be careful walking/climbing stairs. Pain medicine may result in mild dizziness.
- No sexual activity for 7 days. When you resume such activities, you may see blood in the semen.
- Expect a small amount blood in your urine and/or stool.
- Blood in the ejaculate may last for many months after the biopsy is performed, and is not a cause for concern.

### Medication

- **It is important to finish all antibiotics, as directed.**
- **Please ask your Urologist when you should resume Aspirin, blood thinners or any other medications that you stopped before the biopsy.**
- Your physician may prescribe pain medication, though this is not usually necessary. If prescribed, please follow physician instructions.
- If taking pain medication, you may experience dizziness or drowsiness. Do not drink or drive when you are taking pain medications.

### Diet

- Begin with liquids and light food.
- Progress to your normal diet if you are not nauseated.
- No alcohol for 24 hours and/or if taking pain medications.

Your results will be available within 7-14 days.

If you have not been contacted within 2 weeks, please call your urologist's office at \_\_\_\_\_.

## EMERGENCY

**Always call your physician before going to the emergency room.**

If you cannot reach your physician and need immediate attention, go to the hospital emergency room.

I have read and understand these instructions and my questions have been answered.

**Patient Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Responsible Adult:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**RN Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Physician Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_