PERIOPERATIVE SERVICES

Post-Operative Instructions for Biopsy of the Prostate Surgery

# PAIN:

Some pain is normal after your surgery.

# OPERATIVE SITE:

Discomfort in your groin and between your legs is not unusual for a few days. You may have blood in your urine, stools and ejaculate, caused by the biopsy for a few weeks.

# ACTIVITY:

Take frequent rest periods for 1 to 2 days to prevent bleeding.

# DIET:

Resume your regular diet the day following surgery. Increase the amount of fibre in your diet and drink plenty of fluids to avoid constipation. Good sources of fibre are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

# FOLLOW-UP:

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

# ADDITIONAL INFORMATION:

**Do not take Aspirin™ or blood thinning medication until authorized by your surgeon.**

Resume other prescribed medications you were taking prior to surgery, unless you have been told otherwise.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**Call your surgeon or go to the Emergency Department if you have any of the following:**

* excessive bleeding with the passage of clots
* difficulty in passing urine
* elevated temperature (38o or 100.4o) and/or chills

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or hand sanitizer, and ask that your healthcare providers and visitors do the same. Clean hands save lives.