



**NORTHWEST SUBURBAN  
UROLOGY ASSOCIATES, S.C.**

GEOFFERY ENGEL, M.D., F.A.C.S.  
DANIEL F. GARVEY, M.D.  
ERIC J. DYBAL, M.D., F.A.C.S.  
JOSEPH OH, M.D.  
JANET RODRIGUEZ, PA-C

**POST-PROSTATE ULTRASOUND AND BIOPSY INSTRUCTIONS FOR PATIENTS**

Dear Patient:

Today you underwent a biopsy of your prostate under ultrasound guidance. To prevent complications from this procedure, please follow these instructions:

1. It is extremely important that you continue to take your antibiotic (usually either Levaquin or Cipro). Take your prescribed dosage continuing through the next two days.
2. Increase your fluid intake for the next 1-2 days to decrease formation of blood clots in your urine. If your urine is completely clear for the first few urinations, you probably will not have to worry about this.
3. You may experience discomfort in the rectum or in the base of your penis. This is normal and should be of no concern. In addition, you may have a small amount of blood in your stool when you have a bowel movement.
4. If you are sexually active, you may also notice blood or discoloration in your semen. This is also normal and may last as long as a couple of weeks.
5. Limit your activity, particularly strenuous activity, for at least 24 hours. Staying off of your feet until tomorrow morning is probably a good idea.

IT IS IMPORTANT THAT YOU CONTACT US AS SOON AS POSSIBLE if any of the following symptoms occur:

• Burning with urination	• Large blood clots or excessive blood in urine or stool
• Chills	• Difficulty or inability to urinate
• Fever	

If problems do occur as listed above, please contact our office at (847) 593-0404. You will be asked to explain your symptoms to a nurse or physician assistant if your doctor is not immediately available. If necessary, she may have you speak with another physician in the office while trying to reach your doctor. If you call after hours or on the weekend, you will automatically be connected to our answering service, which will put you in touch with the physician on call.

We ask that you schedule a follow-up office visit with your doctor within 1-2 weeks to discuss the results of your biopsy. To ensure appointment availability, you should schedule this appointment before leaving the office or from your home later today.