TRUS BX DISCHARGE INSTRUCTIONS

We hope that your recovery continues uneventfully at home. Please review and follow the instructions below in addition to any specific instructions that you may have received from your surgeon. It is not unusual to feel tired or drowsy after surgery. You should have someone with you for the first 24 hours after you return home. You may also experience a mild headache, muscle aches, or slight nausea after surgery. These symptoms should resolve after a day or two.

ACTIVITY:
- Rest quietly for the remainder of the day.
- Please refrain from sexual activity, jogging, cycling, golfing, or any other vigorous activity for 24-48 hours.
- You may not drive for 24 hours after anesthesia or at any time that you are taking narcotic pain medications. You should not operate any machinery or make any important decisions during this time.
- If you develop discomfort take a sitz bath twice a day for 20 minutes each until the discomfort is relived.

DIET:
- For today, eat lightly; Start with fluids and increase your diet as tolerated. Drink plenty of fluids.
- You should not drink any alcoholic beverages for the next 24 hours.

CARE:
- You may experience
  - Blood in your urine and bowel movements for 12-36 hours.
  - Reddish to brown material in your ejaculate for 7-90 days.
  - Some bleeding from your rectal area for the rest of today (please wear a protective pad).
  - Urinary symptoms such as burning on urination, frequency, urgency and or discomfort under the scrotal area.

MEDICATIONS:
- Take all medications only as directed.
- You may resume your regular medications.
- Take your prescribed antibiotic as directed per your physician until finished

SPECIAL INSTRUCTIONS:
Follow up with your physician and schedule an appointment in two-three weeks to go over path results *results will not be given over the phone*.

NOTIFY YOUR SURGEON IF YOU:
- Reasons to go directly to the emergency room
- If you develop:
  - Progressive bleeding from the penis or rectum
  - An inability to urinate
  - Fever over 101
  - Chills
  - Nausea
  - Vomiting
  - Diarrhea

GO TO THE NEAREST EMERGENCY ROOM

If you should experience any problems that you feel warrant the attention of a physician and you cannot reach your surgeon through his/her office or answering service, please go to the Emergency Room which is closest to you.

The above discharge instructions have been received and understood by me:

______________________________________________________________
Signature

______________________________________________________________
Relationship to Patient

______________________________________________________________
Date

______________________________________________________________
Signature of Nurse Reviewing Instructions

______________________________________________________________
Date

Patient Label

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