**About Your Procedure**

You have had a **transrectal ultrasound-guided prostate biopsy**. This procedure uses ultrasound imaging and a small needle inserted through the rectum to collect tissue samples from your prostate. The samples will be sent to a lab for evaluation.

**What to Expect After the Biopsy**

It is normal to experience the following:

* **Blood in your urine** (pink or red) for a few days
* **Blood in your stool** for up to 2–3 days
* **Blood in your semen** for up to several weeks (may appear rust-colored or dark red)
* **Mild rectal discomfort or soreness**
* **Mild urinary urgency or frequency**

**Activity**

* Rest for the remainder of the day after your biopsy.
* You may resume light activities the next day.
* Avoid strenuous exercise, heavy lifting, and sexual activity for **2–3 days**.
* Drink plenty of fluids (8–10 glasses of water per day) to help flush the urinary system.

**Medications**

* You may take **acetaminophen (Tylenol) or ibuprofen (NSAIDs)** for discomfort.
* **Hold blood thinners** for 2 days after the procedure unless your doctor instructs otherwise.

**Diet**

* Resume your normal diet as tolerated.
* Continue to stay well hydrated.

**When to Expect Results**

☑ Biopsy results are typically available within **7–10 business days**.  
☑ Call the clinic to confirm your follow up with Dr Linke

**Call the Office If You Experience:**

🚨 Fever over 101°F (38.3°C) or chills  
🚨 Difficulty urinating or inability to urinate  
🚨 Persistent or heavy rectal bleeding  
🚨 Severe pain in the rectum, pelvis, or lower abdomen  
🚨 Foul-smelling urine or signs of urinary tract infection