

前列腺超声检查和活检后

自我护理指南



使用您的手机摄像头扫描
此二维码即可获取此讲义
的数码副本。

本手册提供了前列腺超声检查和活检后应遵循的自我护理指导。它包括需要致电医生或护士的症状列表。

预期

今天您接受了前列腺超声检查和活检。这些检查后：

- 直肠区域和阴茎根部出现一些不适是正常的。
- 一周内尿液和粪便中出现一些血液是正常的。
- 对于某些患者，尿液中的血液可能持续长达 1 个月。

自理

为避免出现问题，请遵循本手册中的所有说明。

- 按医嘱服用所有的抗生素。不要漏服任何剂量。
- 接下来的1-2天多喝液体。额外的液体将有助于防止尿液中形成血栓。
- 24 小时内限制您的活动，尤其是剧烈运动。之后，您可以恢复正常活动。如果恢复正常活动后尿液中的血液量增加，请再限制您的活动 2 天。
- 尽量三天内不要射精。三天后，你可能会看到精液中带血，或者精液颜色与平时不同。这是正常现象，可能会持续几周甚至几个月。

何时致电

如果您有以下情况，请**立即**拨打下面“联系对象”中的电话号码之一与我们联系：

- 排尿时有灼热感或不适感
- 任何时候发冷或发烧超过 101°F (38.3°C)
- 尿液中有大量血液或血块，导致排尿困难
- 粪便中有大量血液
- 排尿困难
- 剧烈疼痛



服用医生开的所有药物。不要漏服任何剂量！

疑问？

您的问题很重要。如果您有问题或疑虑，请致电您的医生或医护人员。

NWH 综合泌尿科诊所: 工作日
上午 8 点至下午 5 点, 请拨打
206.668.5215。

下班后、周末和节假日, 如果你
拨打206.668.5215, 你将被
连接到分诊护士处。

After Your Prostate Ultrasound and Biopsy

Self-care instructions

This handout gives self-care instructions to follow after having a prostate ultrasound and biopsy. It includes a list of symptoms that require a call to your doctor or nurse.



Scan for a
digital copy of
this handout.

What to Expect

Today you had your prostate ultrasound and biopsy. After these procedures:

- It is normal to have some discomfort in your rectal area and at the base of your penis.
- It is normal to have some blood in your urine and stool for 1 week.
- For some patients, blood in the urine may last for up to 1 month.

Self-care

To avoid problems, please follow these instructions:

- Take all your antibiotics as prescribed. Do **not** skip a dose.
- Drink more fluids for the next 1 or 2 days. Extra fluids will help keep blood clots from forming in your urine.
- Limit your activity, especially strenuous activity, for 24 hours. After that, you can resume your normal activities. If the amount of blood in your urine increases after resuming your normal activity, limit your activities for 2 more days.
- Do not ejaculate for 3 days if possible. After 3 days, you may see some blood in your semen, or your semen may be a different color than usual. This is normal and can last a few weeks or even a few months.



Take all the medications you were prescribed. Do not skip any doses!

When to Call

Call us **right away** at 206.668.5215 if you have:

- Burning or discomfort when you urinate
- Chills or fever over 101°F (38.3°C) at any time
- A large amount of blood or blood clots in your urine that make it hard to urinate
- A large amount of blood in your stool
- Any problems urinating
- Severe pain

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Northwest Hospital General

Urology Clinic: Call 206.668.5215 weekdays from 8:30 a.m. to 5 p.m.

After hours and on weekends and holidays, call the same number to speak to the nurse. For urgent issues, the Urology doctor on call may be paged.