

Ka dib Ultrasound-kaaga Qanjirka Borostaytka iyo Cad Ka-qaadista (Biopsy)

Tilmaamaha is-daryeelka

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Ku sawir QR koodhkan kamarada taleefankaaga si aad u hesho nuqul dhijitaal ah oo qoraalkan ah

Qoraalkani wuxuu ku siinayaa tilmaamo is-daryeel oo la raacayo ka dib marka la sameeyo ultrasound-ka qanjirka borostayt-ka iyo cad ka-qaadista (biopsy). Waxaa ku jira liiska calaamadaha u baahan in aad wacdo dhakhtarkaaga ama kalkaalisadaada.

Waxa la Filayo

Maanta waxaad lahayd ultrasound-ka borostaytka iyo cad ka-qaadis (biopsy). Baroosijaradan ka dib:

- Waa wax iska caadi ah inaad xoogaa raaxo darro ah ku yeelato aaggaaga dabada (futada) iyo salka hoose ee guskaaga.
- Waa caadi in xoogaa dhiig ahi ku jiro kaadidaada iyo saxaradaada muddo 1 toddobaad ah.
- Bukaana qaar, dhiigga ku jira kaadida wuxuu socon karaa illaa 1 bil.

Is-daryeelid

Si aad uga fogaato dhibaatooyinka, fadlan raac dhammaan tilmaamaha qoraalkan ku jira.

- U qaado dhammaan antibayootikiska sida lagugu qoray. **Ha** ka boodin qiyaasna (dose).
- Cab cabitaanno badan maalmaha 1 ama 2 ee soo socda. Dareeraha ama cabitanada dheeraadka ah waxay caawiyaan in xinjirrada dhiigga aanay ku samaysmin kaadidaada.
- Xadid dhaqdhaqaaqaaga, gaar ahaan hawlaha culus, ilaa 24 saacadood. Intaa ka dib, waxaad dib u bilaabi kartaa hawlahaagii caadiga ahaa. Haddii xaddiga dhiigga ee kaadidaada ay korodho ka dib markaad dib u bilowdo dhaqdhaqaaqaaga ama hawlahaaga caadiga ah, xaddid dhaqdhaqaaqaaga 2 maalmood oo dheeraad ah.
- Shahwad ha saarin 3 maalmood haddii ay suurtagal tahay. 3 maalmood ka dib, waxaa laga yaabaa inaad ku aragto xoogaa dhiig ah shahwadaada, ama shahwadaadu waxay noqon kartaa midab ka duwan kii caadiga ahaa. Tani waa caadi waxayna socon kartaa dhowr toddobaad ama xitaa dhowr bilood.



Qaado dhammaan daawooyinka laguu qoray. Ha ka boodin wax qiyaas ah!

Goorta la wacayo

Isla markiiba naga soo wac mid ka mid ah nambarada taleefanka ee ku hoos yaala "Cidda la wacaya" ee hoos ku qoran haddii aad leedahay:

- Gubasho ama raaxo la'aan markaad kaadinayso
- Qar-qaryo ama qandho ka badan 101°F (38.3°C) mar kasta
- Xaddi badan oo dhiig ah ama xinjirro dhiig oo ku jira kaadidaada, taasoo adkaynaysa in aad kaadiso
- Xaddi badan oo dhiig ah oo ku jira saxaradaada
- Dhibaato kasta oo kaadida ah
- Xanuun aad u daran

Su'aalo?

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama bixiyaha daryeelka caafimaadkaaga haddii aad qabtid su'aalo ama walaac.

Northwest Hospital General

Rugta kaadi mareenka: Wac 206.668.5215 maalmaha shaqada laga bilaabo 8:30 subaxnimo ilaa 5 galabnimo.

Saacadaha shaqada ka dib iyo dhammaadka wiiga ama maalmaha fasaxa ah, haddii aad soo wacdo 206.668.5215, waxa lagu xidhayaa kalkaalisada kala-soocidda.

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.