

# Having a penile biopsy under local anaesthetic

Department of Urology

Information for day case patients

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## What is a penile biopsy?

Penile biopsy is removal of a small sample of tissue from the lump or sore area on your penis. This will be sent to the laboratory to be looked at under a microscope to try and find out the cause of the problem.

## What are the benefits?

Penile biopsy enables your medical team to make a diagnosis and suggest further treatment if needed.

## Are there any possible complications?

As with all procedures, there are possible risks, including:

- Pain, bruising and bleeding - your penis may become quite bruised and sore. The bruising should start to go down after a few days.
- Wound infection - which may require treatment with antibiotics.

**You will have time to discuss all these risks with the doctors and nursing staff before you consent to having this procedure.**

## Are there any alternatives?

It is sometimes possible to do this procedure under general anaesthetic (whilst you are asleep). Please discuss this with your doctor.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Your procedure

Please read the following information:

- If you are ill, or cannot keep your appointment for some other reason, please let us know as early as possible. Another patient may benefit from the cancellation of your appointment.
- If you feel worried or nervous and want to talk to someone, please feel free to ring the nurses on the Day Case Unit or Urology Nurse Specialist team.
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Please contact us (Monday to Friday 9am to 6pm):

**Leicester General Hospital:**                      **0116 258 4192 (Day Case 1)**  
    **0116 258 8130 (Day Case 2)**  
    **0116 258 4635 (Urology Assessment Centre)**

## What do I need to do before my procedure?

- Read your admission letter carefully.
- Do not wear contact lenses.
- Do not wear any jewellery, except for a wedding ring.
- Do not bring any valuables with you into hospital. University Hospitals of Leicester NHS Trust cannot accept responsibility for loss or damage to personal belongings.
- Do have a bath or shower before you come into hospital.
- Do wear comfortable clothing and footwear to go home in.

**Expect to wait on the unit before your procedure.**

## What do I need to bring with me?

- **Your appointment letter.** The time you are given to arrive is not the time of your procedure. The surgeon needs to see you before the start of the list, so you may be waiting for your procedure for between two and four hours.
- **Any drugs, medicines or inhalers you are using.** Please take your necessary medication before attending.
- A contact number for your lift home.
- A dressing gown and slippers, if you have them.
- Something to do while you are waiting, such as a book or magazine to read.

## What will happen while I am on the Day Case Unit?

You should come to the Day Case Unit or the Urology Assessment Centre, and report to reception. Your details will be checked and you will be directed on to the ward or to the waiting room where the nurse will collect you.

The nurse will talk to you about your procedure and ask you a few questions.

You will meet one of the surgical team who will ask you to sign a consent form. If there is anything you are concerned about or do not understand, please ask your surgeon before you sign the form.

The nurse will tell you when to change into your theatre gown, and then take you to the operating theatre.

## What happens after my procedure?

You will return to the day ward and staff will make sure you are comfortable, and provide you with refreshments. If you have any discomfort or sickness please let the staff know so that they can help you.

You will recover on the ward until your nurse is happy that you are well enough to go home.

Very occasionally patients need to stay overnight. If your doctor or nurse feels that this is necessary, they will explain to you the reasons for this.

## Wound care

Your wound will have dissolvable stitches (they do not need to be removed). Your surgeon may also have put gauze dressing over the wound, which sometimes falls off after a few hours.

You should keep your wound dry for 48 hours, after which you can bath or shower as normal and you can remove the gauze if it has not already fallen off. After your bath or shower, gently rinse the wound with clean water, but do not rub the wound. Then carefully pat it dry with a clean towel. Wearing close-fitting underwear will help to support the wound.

Always keep the wound clean and dry. Do not be tempted to touch or pick the stitches. The healing process will take between one and two weeks and your stitches could take up to four weeks to dissolve.

Bruising and slight redness around the wound is usual and will not affect the healing. If you notice any increasing redness, swelling or discharge from the wound, you should contact the Day Case Unit for advice.

## Pain

You may have some pain following your procedure. You will need to buy some painkillers such as paracetamol. Ask a pharmacist if you need advice about this. Please read the following points.

- Take painkillers when the pain starts. Do not wait for it to get really bad.
- Take painkillers before you go to sleep so you are able to rest.
- If your pain is very bad take the painkillers regularly (four times a day), so they keep your pain under control.
- Take painkillers when you wake up, so they are working before you get out of bed.
- Painkillers can cause constipation, so you should drink plenty of water, and eat some high fibre foods such as fruit, vegetables and cereals.
- Everyone is different; do not be surprised if you are still having some pain for a week or two, this is quite normal.

## Driving

You must not drive for the rest of the day. You will not be covered by your car insurance. Do not drive until you can keep control of your car in an emergency. You should contact your insurance company if you are not sure.

## Work

Depending on your job, it is usual to return to work two to three days after surgery.

## Sex

You should avoid sexual activity until your wound is completely healed, which could be about four to six weeks after the procedure.

## Physical activity

Do not do too much too soon. It is usual to feel some aches and pains for a few days, perhaps up to two weeks (avoid strenuous activity, contact sports and heavy lifting for at least two weeks).

## Holidays

Flying too soon after a procedure can increase the chance of problems, and you may not be covered by your insurance: please discuss this with your insurance company.

## Contact details:

### Urology Emergency Admissions

**0116 258 4247**

Please use this number should you have any post procedure concerns.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)