

## Patient Education: Prostate Exam

- A prostate exam is done help diagnose an enlarged or inflamed prostate. The exam typically involves a digital rectal examination and a blood test that measures prostate-specific antigen levels.
- You might feel discomfort or the need to urinate during the digital rectal examination, but it should resolve when the examination is done. If you continue to feel discomfort, you can take an oral analgesic (such as acetaminophen or ibuprofen) as directed by your healthcare provider.

You may take:

- Acetaminophen \_\_\_\_mg to \_\_\_\_mg every \_\_\_ to \_\_\_\_ hours for \_\_\_\_day(s)
  - Ibuprofen \_\_\_\_mg to \_\_\_\_mg every \_\_\_ to \_\_\_\_ hours for \_\_\_\_day(s)
- Based on your symptoms and examination, further treatment or investigations may be required. Your health care provider will inform you of the next steps in your care.
  - If you experience signs or symptoms of infection such as fever, chills, flu-like symptoms, muscle pain, painful or trouble urinating, or pain in the groin or genitals, return to the clinic or follow-up with another health care provider.

