



Transurethral Surgery

TURP - Transurethral resection of the prostate, removes excess tissue around the bladder neck and lobes of the prostate gland.

TURBT - Transurethral resection of bladder tumor, is the removal of a tumor inside the bladder.

TUIP - Transurethral incision of prostate, is a procedure in which cuts are made in the prostate where it meets the bladder. This improves urine flow from the bladder by relaxing the opening to the bladder.

During these procedures a thin, telescope-like tool is gently inserted through the penis opening which allows the doctor to see any tissue blocking the urethra and bladder.

Return appointment

- Keep your scheduled appointment at surgeons office.

Diet

- You will be started on clear liquids after surgery. Your diet will be advanced as tolerated.
- Drink at least 8 glasses of water a day unless told otherwise.

Medications

- Resume your regular medications unless otherwise instructed.

Discomfort

- Take prescribed pain medication as directed. Narcotics should be taken with food to help avoid stomach upset.

Home care

- A catheter (a soft tube that drains urine out of your bladder) may be in place for 1-3 days. If you go home the day of your procedure, you may be released with a catheter. Don't be alarmed if your urine is bloody. This is normal after prostate surgery. You are likely to be given medications to control pain and bladder spasms. You may also be given a stool softener so you won't strain during bowel movements.
- Depending on the procedure, you might go home on the day of surgery or 1-3 days after. In any case, after the catheter is removed, you may have trouble holding your urine for a few days. In fact, it may take a while before you can fully control your bladder.

Activities and restrictions :

When you return home, it is important for you to remember that there will be a few restrictions for the next month.

- You should not take long auto trips, or ride in any vehicle that will cause vibrations of the lower part of your body. You may take short rides around town.
- You may take short walks, but do not get tired. You may also climb stairs, but limit the number of times you go up and down.
- Avoid lifting or straining of any type. This means NO shoveling snow in the winter, raking the yard in the spring/fall, mowing the grass, or heavy gardening.
- Ask your physician when you can resume taking aspirin.
- Be sure not to become constipated. Use a laxative or stool softener if necessary.
- In a few days you will notice blood in your urine. This is from a scab coming off at the operative site. Drink plenty of water, rest, and usually the urine will clear.
- If you notice marked spraying of your urine stream, or if the stream gets very thin, this may be due to scarring of your opening or urethra. You should call the office for an earlier appointment if this happens or if you are unable to urinate.
- You should not engage in any sexual activity until you are seen in the office by your urologist.

Reasons to contact your surgeon

- Temperature of 101 degrees or greater, chills, rash, itching, sores in your mouth, difficulty breathing or any other unusual problems
- Burning, frequent or difficulty urinating
- Excess bleeding, large clots in the urine or catheter, or no urine in the catheter bag
- Discomfort not controlled with prescribed pain medication