



# HALTON UROLOGY

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## Discharge Instructions for Transurethral Resection of the Prostate

You had a procedure called a Transurethral resection of the prostate (TURP). During this surgical procedure, part of your prostate gland was removed to relieve urinary problems due to prostate enlargement. Here are some instructions to help you care for yourself once at home. For the best results from your TURP, follow the discharge instructions and keep your follow-up appointments.

**Activity:** Take is easy for 1-2 weeks. Do not engage in activities requiring heavy lifting (greater than 10-20 lbs.), gardening, bicycling etc. This will increase the pressure your abdomen puts on your bladder and may result in more blood in your urine. Sexual activity should be avoided for 2-3 weeks.

**Blood in the Urine (Hematuria):** You may experience blood intermittently in the urine with or without small clots. This is to be expected. Bleeding to the point where large blood clots are formed or the urine has the consistency of Ketchup, is excessive. Should this happen, please go to your nearest Emergency Department immediately.

**Bowel Movements:** It is important to keep your bowels regular during the postoperative period. Straining with bowel movements can cause bleeding. A bowel movement every other day is reasonable. You may require a stool softener (over the counter) to promote regular bowel movements.

**Catheter Care:** You will have a catheter immediately after surgery and it will be connected to continuous bladder irrigation to flush out and prevent the formation of any clots in the bladder. The catheter is typically removed after 24-48 hours or once the catheter is clear or light pink and without any clots. Once the catheter is removed and you are able to urinate, you will be able to go home. In rare cases, if you are unable to urinate after removing the catheter, a catheter may need to be reinserted. You may be discharged home with this catheter and another trial to remove would be attempted in my office approximately 7-10 days afterwards. The catheter will be attached to a leg bag that is worn under clothes to hold fluid drained by the catheter. You may be prescribed antibiotics to prevent infection and pain medication to ease any discomfort.

It is important that you use plain soap and water to wash the head of your penis daily (or more often if needed). You will also need to wash the catheter daily with plain soap and water to avoid infection. Avoid using any other chemicals to wash your penis or the catheter.

While in place, catheters can cause some urinary/pelvic symptoms. They can bump up against the bladder, and make a person feel like their bladder is full, despite their bladder being empty. They can also cause a cramping pain in the lower abdomen. These are called bladder spasms. The key to bladder catheters is to insure the catheter is draining the urine well from the bladder. Should there be no urine output over 30-60 minutes, and you feel full, you should go to your nearest Emergency Department as your catheter may have become blocked or plugged. Generally speaking, as long as the catheter is draining, it is working correctly. Occasionally, a

catheter can be draining correctly, and the patient has a bladder spasm and squirts a little bit of urine around the catheter. This is okay, as long as it is only a small amount of urine, and the catheter is draining well.

**Diet:** You may return to your normal diet immediately after surgery. You may have some mild nausea and possibly vomiting the first 6-8 hours following surgery. This is usually due to the side effects of anesthesia, and will disappear quite soon. We would suggest clear liquids and a very, light meal following surgery, then a normal diet as tolerated. Avoid beverages containing caffeine because they may cause bladder spasms.

**Driving:** Driving should be avoided for at least 3-4 weeks after surgery or until you are not taking pain medications or are pain free. Take breaks every couple hours if you are on extended trips. Get out of your car and walk around a bit.

**Healing:** For the first few weeks after your surgery, you may notice that your urine is cloudy or that you have blood or blood clots in your urine. The prostatic urethra generally takes up to 6 to 7 weeks to heal. Initially a scab will form in the prostatic urethra and then slowly be replaced by normal urethral tissue (a process called re-epithelization). During this healing process, on occasion you may notice tissue "flakes" or scab pieces in your urine followed by small amounts of blood in your urine. This is normal while your body rids itself of the treated tissue. Your symptoms may begin to improve during the first few weeks, but it may take up to three months before they go away.

**Sexual Activity:** You should avoid sexual activity for 2-3 weeks and resumed when you are comfortable doing so. You may be glad to know that BPH and its treatments rarely cause problems with sex. Even if you have retrograde ejaculation, orgasm shouldn't feel any different than it used to.

**Urinary Symptoms:** You may experience urinary urgency, urinary frequency and discomfort with voiding. This should improve within a few weeks after surgery. Should you develop severe lower abdominal pain, difficulty voiding, fevers or bleeding as described above, please contact my office or go to your nearest Emergency Department.

**Pain Control:** You can expect to have very little pain from this procedure. Most patients do not require any prescription pain medications upon discharge. Generally, Tylenol or Extra-Strength Tylenol or an anti-inflammatory will be sufficient to control any discomfort you may have.

**Follow-Up Appointment:** My office will contact you with a follow-up appointment time and date. This appointment will usually be 4-6 weeks after the date of surgery.

**When to Seek Medical Attention:**

- Bright red bleeding in urine with heavy clots
- Chills or fever over 38 degrees C (101 degrees F)
- Inability to urinate for more than 4 hours if you do not have a catheter
- Feeling of bladder fullness that does not go away after urinating
- Severe pain that is not relieved by pain medication
- No urine draining from the catheter if you have one

**For Urgent or Emergent situations, please call my office at 905-875-3920 during office hours (9:00am-5:00pm) or outside these hours, please go to your nearest Emergency Department.**

*\*Updated January 2017*