



TURP Pre- and Post- Operative Instructions

Transurethral resection of the prostate (TURP) is a surgical procedure that involves removing a section of the prostate that is obstructing the flow of urine.

PREPARATION FOR DAY OF SURGERY:

- Review Anesthesia Guidelines given to you at last office visit. Strictly adhere to those instructions otherwise your surgery could be cancelled.
- The hospital *may* provide a specific soap to use for pre-operative cleaning/showering.
- Wear loose-fitting clothing.
- Make arrangements for someone to drive you home after surgery. A taxi cab is not an option. Call our office and speak with surgery scheduling if this is a problem.

WHAT TO EXPECT DURING THE PROCEDURE:

You will be completely asleep through the use of anesthesia (unconsciousness induced by drugs). An anesthesiologist will monitor your vital signs throughout the entire surgery. During the procedure, an instrument is inserted into the penis until it reaches the prostate, which is located just before the bladder. The obstructing tissue will be resected (not the entire prostate); then, a catheter will be placed.

WHAT TO EXPECT AFTER THE PROCEDURE:

Going Home

Typically, this is an outpatient procedure, which means you get to go home shortly after surgery. However, in some cases the surgeon will admit you for observation overnight.

Diet

You may return to your normal diet after surgery. Mild nausea and possibly vomiting may occur in the first 6-8 hours following surgery. This is usually due to the side effects of anesthesia and will resolve soon. We suggest clear liquids and a light meal the first evening following surgery.

It is also recommended that you avoid caffeine for 3-5 days as these are bladder irritants.

Activity

It is recommended that you take it easy for the 24 hours following surgery as you may still have some residual effects from the anesthesia. You will only be able to perform light activity (i.e. walking) for the first 2 weeks after surgery. Do not strain, squat, or lift anything greater than 10 lbs. during those 2 weeks. If you are still seeing blood in your urine after 2 weeks, you will need to continue these restrictions for an additional 7-10 days. It is normal to see blood in your urine intermittently for up to 6 weeks after surgery. See back side for a list of concerning signs and symptoms.

Wound

There are no incisions made during the procedure. You will have a catheter upon discharge, which will be removed 1-2 days later, or at the discretion of your surgeon. The post-op nurse should provide catheter care instructions upon discharge, but if you have any questions or concerns, please don't hesitate to contact your provider.

Hygiene

You may take a shower immediately after surgery. You can resume baths after catheter is removed.

Medications

In most cases, you will be sent home with a prescription pain pill. If the pain medication you are sent home with does not control the pain when being used as directed on bottle, call your doctor. While taking prescription pain medication, it is recommended you also take a stool softener such as Docusate Sodium (Colace, Dulcolax) to counteract the constipating effects of the pain medication.

If the pain is mild, you may take over-the-counter Tylenol (acetaminophen). Avoid Non-Steroidal Anti-Inflammatories (NSAIDs) such as Aspirin, Ibuprofen, Naproxen, Advil, Aleve, and Motrin, until you have not seen blood in the urine for 48 consecutive hours, unless otherwise specified by your physician. If you note recurrence of bright red blood in the urine upon resumption of these meds, please call the office.

Problems to Report

- Fever of 101 degrees Fahrenheit or higher.
- Pain not managed with prescription pain medication despite using it as directed on bottle.
- Clots in the urine that are the size of a quarter or larger
- Lack of output from the catheter for 4-6 consecutive hours
- Difficulty urinating or inability to urinate after catheter is removed
- Drug reactions such as a rash or vomiting. If difficulty with breathing occurs, go directly to the ER.

Follow-Up

Your catheter will need to be removed in office; please call to schedule this appointment unless one was provided to you after surgery. Your doctor's medical assistant will call you 1-2 days after surgery to check your status and schedule any additional follow-up appointments.

Contact Information

If you need to contact Alaska Urology for post-operatively concerns, please contact the clinic you visited (Anchorage: 563-3103, Palmer: 745-9300). If your symptoms are severe and/or very concerning, ask to speak with nurse triage. If symptoms are mild to moderate or of low concern, ask to speak with your doctor's assistant.