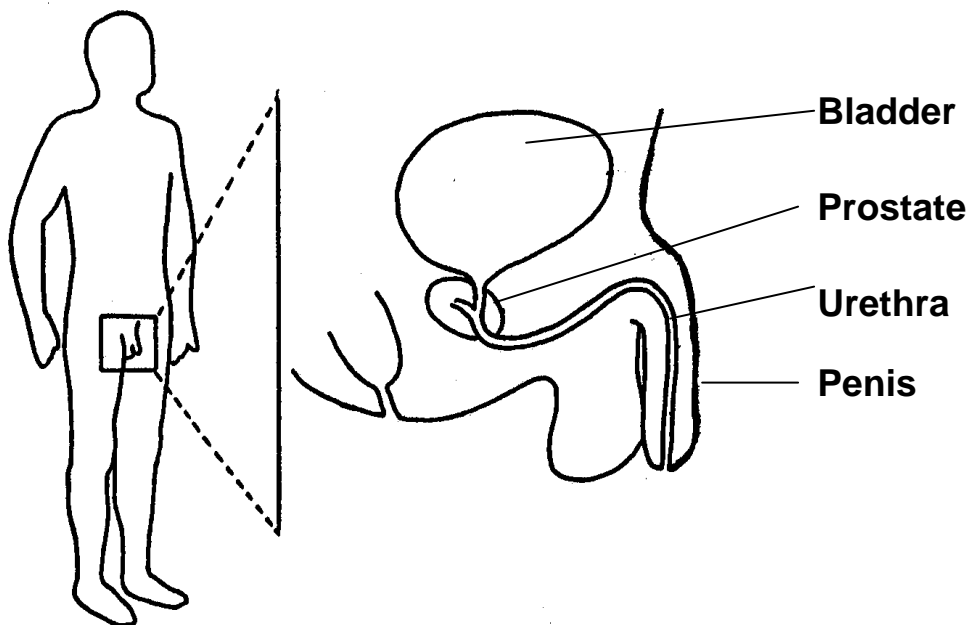


TURP - TransUrethral Resection of the Prostate

To learn about a TURP, you will need to know these words:

- The **prostate** is the sexual gland that makes a fluid which helps sperm move. It surrounds the urethra at the neck of the bladder.
- The **bladder** stores urine made by the kidneys.
- The **urethra** is a tube that takes urine and sperm out of your body.
- **Urinate** means to move urine from your bladder. This may also be called passing urine, passing water, voiding or peeing.

The picture shows parts of a man's body:



What is a TURP?

TURP is a surgery of the prostate gland, done through the urethra.

The name of the surgery is **TransUrethral Resection of the Prostate**.

This name is shortened to the letters TURP.

Why do I need a TURP?

As you become older, your prostate may increase in size. This is a normal part of ageing and cannot be prevented. This type of surgery is very common in men over 50.

Sometimes, the increased size of the prostate blocks the urethra. This makes it hard to start to urinate, and empty your bladder completely. This may cause dribbling at the end of the urine stream. A TURP unblocks the urethra and makes it easier for you to urinate.

Your doctor checks the size of your prostate during a rectal examination. You may also need a cystoscopy to check your prostate. A cystoscopy uses a small, lighted tube to look into your bladder. A cystoscopy will show if the prostate is blocking the urethra.

What happens during a TURP?

You will have a general, spinal or epidural anesthetic. A general anesthetic puts you to sleep during the surgery. With a spinal or epidural anesthetic, you will be awake during surgery, but you cannot feel from the waist down.

During surgery, the doctor puts a small, lighted tube through your urethra to look at your prostate gland. The prostate tissue that is blocking the urethra is then removed.

After surgery, a thin tube, called a catheter, is put through your penis into your bladder to drain urine. At the tip of the catheter there is a small balloon. This balloon sits in your bladder and holds the catheter in place.

After a TURP in the Hospital

How will I feel after surgery?

Most men do not have much pain after surgery, but you may feel as if your bladder is full. You may feel pressure, spasms, or burning in your bladder until your catheter is taken out.

What will happen to me after surgery?

You will have a thin tube in your arm called an intravenous or IV. This gives you fluid until you are drinking well. Medication may also be given through the IV.

You will have plastic bags of fluid hanging above your bed connected to the catheter in your bladder. The fluid washes urine, blood and tissue out of your bladder. It drains into a drainage bag hanging at your bedside. The drainage bag must be kept lower than the level of your bladder. This prevents urine from flowing back into your bladder, which may cause infection.

What can I eat?

Your nurse will tell you when you can start drinking and eating after your surgery. You can then eat your regular diet.

After your IV is taken out, you will need to drink extra fluids. Drink 6 to 8 glasses of water each day. Avoid drinks that contain caffeine, such as coffee, tea, hot chocolate and cola. Caffeine may irritate your bladder. **If you have heart or kidney problems, check with your doctor about how much to drink.**

Do not strain to have a bowel movement. Straining will cause bleeding in your bladder. Eating foods high in fibre and drinking fluids can prevent constipation. Food high in fibre includes whole-wheat products, bran, fresh vegetables and fruit.

Activity

If you had a spinal anaesthetic you may have to stay in bed for up to 8 hours. Your doctor and nurses will tell you how long you must stay in bed.

Ask for help from a nurse, the first time you get up. Your nurse will show you how to walk with all your tubes and bags. As you feel stronger you will be able to take longer walks.

Moving and walking will:

- keep your muscles strong
- prevent breathing problems
- help your blood move to prevent blood clots

Hygiene

Your nurse will show you how to clean around your penis and catheter. You can wash around the catheter with soap and water 2 to 4 times a day. This helps prevent infection.

When is the catheter taken out?

The catheter is kept in your bladder for 1 to 3 days until your urine is light pink or clear. After your catheter is removed, you may notice:

- a burning feeling when you urinate
- you feel an urgent need to urinate
- some blood in your urine
- some dribbling of urine

These things will improve as you recover. Remember to drink fluids. You may see small amounts of blood or small clots in your urine for up to 4 weeks after surgery.

After a TURP at Home

When will I go home?

The hospital stay is 1 to 3 days most of the time. This depends on how you are doing and when your surgeon feels you can go home:

- some men go home the same day of surgery
- some men go home after the catheter is taken out

What to expect at home

Your urine will look light red or pink coloured for a few days. It is normal to have some blood in the urine at the start or end of urination. It is also normal to feel the need to rush to the bathroom for up to 1 month after your surgery.

Urinate when you feel the need to. **✗Do not hold your urine for long periods of time.**

You may have some incontinence or leak urine. This will improve over time. You will begin to do pelvic muscle exercises when the doctor or nurse advises you to. You cannot do these exercises when you have a catheter in. These exercises are described on the next page.

Pelvic Muscle Exercises

When you first start doing these exercises, find a quiet place to relax. This helps you exercise the correct muscles. It may take some time to get the right muscles.

To locate the muscles, it is best to sit down on a firm chair. Then try to squeeze the muscles which prevent you from passing rectal gas.

Try not to tighten your abdominal and buttocks muscles. **Do not hold your breath.** Inhale as you relax your muscles and exhale as you contract.

After you get used to doing these exercises, you can do them in any position and at any time and any place.

Steps:

1. Slowly tighten your pelvic muscles over a count of 1 and 2 and 3.
2. Then slowly release your pelvic muscles over a count of 1 and 2 and 3.

Repeat this exercise 10 times to complete 1 set.

Do 1 set 5 times a day.

You can do these exercises sitting, standing or lying down. No one can see you doing these exercises.

If you do not feel you are gaining control, talk to your doctor. You can also talk to your doctor about a referral to a nurse continence advisor (NCA).

✗Do not use a condom catheter for control.

If you go home with a catheter in

You will need to wear a urine drainage bag attached to your leg during the day and a urine drainage bag beside your bed at night. Your nurse will show you how to look after your catheter and drainage bag before going home. Your doctor will remove your catheter at a follow-up appointment.

You can shower. Shower with the night bag on then put the leg bag on after you shower. The straps on the leg bag take a long time to dry. Wearing wet straps can cause skin problems.

You need to clean around your penis and catheter 3 to 4 times a day.

In the hospital, the nurses showed you how to tape your catheter so it does not pull on your bladder when you move. At home, check the tape daily and put new tape on when needed.

What activities can I do?

Here are some general guidelines for activity after a TURP. Ask your doctor about any activities you would like to do.

- Gradually return to your normal activities.
- You can do moderate exercise like walking and stretching.
- If you see blood in your urine stream after an activity or exercise, stop, rest and drink extra fluids to wash out your bladder.
- **Do not do any heavy lifting for 2 to 3 weeks.** Heavy lifting means no more than 10 pounds or 4 kilograms. This weight is like a full bag of groceries, small suitcase or small baby.
- Do not do strenuous exercise like shovelling snow, vacuuming or cutting grass for 3 weeks.

Driving and riding in a vehicle

Some doctors allow you to drive 1 day after leaving the hospital. Some doctors want you to wait for 2 weeks to drive. **Talk to your doctor and follow the advice given.** Avoid long car rides and holding your urine for long periods of time.

Sexual activity

After your TURP, you will feel as if ejaculation is taking place, but fluid may not come out of your penis. The fluid goes into your bladder instead and will come out the next time you urinate. This is normal after this surgery and is not harmful. You can resume normal sexual activity as soon as you feel comfortable.

What should I eat and drink at home?

Follow your regular diet. Avoid constipation by eating foods high in fibre, such as whole-wheat breads, bran, vegetables and fruit.

Drink extra fluids until your urine is clear. This may take up to 4 weeks.

Avoid drinking alcohol and fluids that contain caffeine, such as coffee, tea, hot chocolate or cola drinks and some other types of pop. Caffeine may irritate your bladder.

If you have heart or kidney problems, talk to your doctor about how much fluid to drink.

Call you doctor if:

- you have bright red bleeding or clots in your urine that do not clear with drinking fluids
- have severe abdominal pain
- fever over 38°C or 100°F
- chills
- the burning feeling when you urinate does not go away

If you cannot urinate, go to the Emergency Department of the hospital where you had your operation.

If you have any questions or problems, please ask your doctor.

Make sure you have a follow-up appointment with your surgeon.

