What should I avoid following my surgery?

- Do not drive a motor vehicle for 24 hours.
- No alcohol while on antibiotics.
- Avoid straining for bowel movements, take laxatives if necessary.
- Climb stairs slowly.

Avoid for 1 week:

- No heavy lifting (over 10 lbs.).
- No mowing the lawn, shoveling or digging.
- No long bumpy rides.
- No strenuous exercise (skiing, jogging, biking).
- No sexual activity.

- You may go home with a catheter.
- Once your catheter is removed it is common to experience some urinary frequency (passing urine every 1-2 hours) and urgency (sudden urges to void, when getting up, hearing running water) and some blood when passing your urine. These symptoms usually subside in 2-4 weeks.
- If bleeding occurs, **DO NOT BE ALARMED**, increase your fluid intake and rest.

When should I call the doctor?

Please contact the doctor’s office or come into the Emergency Department if any of the following occur:

- Develop distention or pain in your abdomen.
- Unable to pass your urine.
- Develop a fever and/or chills.
- If urine becomes very red and contains clots.
- If you have any questions.

References:

1. Instructions for Surgery Patients – Economou & Economou
2. Dr. J. Zadra, Urology Department, R.V.H.

RVH-4054 Revised February 12, 2013
What is a Turp (transurethral resection of the prostate)?

You will require an anesthetic (general/spinal) for this procedure.

Using a hollow instrument (cystoscope) about the size of a pencil, the doctor gently inserts this into the urethra. The cystoscope has a lens, light and an electrical cutting device. This device is used to shave down and remove the obstructing part of the prostate.

What is a Turbt (transurethral resection of the a bladder tumor)?

The above procedure, only a resectoscope is passed into the bladder and the tumor is removed by use of an electrical current.

How do I prepare for this procedure?

- Do not eat after midnight before your procedure.
- Bathe or shower the morning of your surgery.
- Take all your routine morning medications at 6:00 a.m. with a sip of water unless otherwise instructed.
- If you are on diabetic or blood thinning medications, check with your doctor to find out whether you need to stop them before surgery.
- You must arrange for a responsible adult to accompany you home and stay with you overnight.

What are the risks of this surgery?

As with most operations, complications are always possible. With this type of operation, they can include infections, blood clots, leakage of urine, and blockage of urine.

What hospital process can I expect?

When you arrive for your surgery, you will register with a clerk in Registration. Once registered, a volunteer will take you to a change room. You will be given a hospital gown and housecoat to change into.

Once you are changed, a nurse will review your medical history, take your blood pressure and pulse. You will be asked to sign a consent form, which gives permission for the doctor to do the procedure.

You will be taken to the O.R. where you will meet a nurse and an anesthesiologist. You will be taken to the O.R. suite and assisted onto a comfortable table.

An intravenous will be put into a vein in your hand and medication will be given through that to make you go to sleep, then the procedure will begin.

Following the procedure you will be taken on a stretcher to the Post Anesthetic Care Unit (PACU) and observed. When your blood pressure, pulse, temperature and breathing are stable you will be taken to a regular hospital bed or transferred to Surgery Recovery.

In Surgery Recovery you will have your blood pressure, pulse and respirations taken every 30 minutes.

You may have a catheter in place; most are removed prior to discharge.

Once you have taken fluids and walked to the bathroom and urinated, the doctor will be notified to come see you before your discharge.

Your IV will be removed; instructions will be given and reviewed to follow at home.

What can I do following my surgery?

- Increase activity gradually, take frequent rest periods.
- Eat and drink normally.
- You may shower.

RVH-4054 Revised February 12, 2013