

**Transurethral Resection of the Prostate (TURP) and  
Transurethral Resection of a Bladder Tumour (TURBT)**

**Discharge Instructions**

**Care of the Surgical Site:**

- There are no incision or cuts made for this procedure, but the surgeon inserts an instrument into the urethra up to the bladder and removes tissue from the area.
- You will have bloody urine for about 1 week.
- You may go home with a catheter in place; you will have had this tube in place since your surgery so you will be familiar with what it feels like.
- You will be provided with a large urine collection bag to use at nighttime and will be instructed on how to disconnect and reconnect the smaller leg urine collection bag before you go home.
- If you are going home with a catheter, your surgeon will arrange for a home care nurse to come to your home and assist you with cleansing around the catheter and assist should the catheter become plugged.
- If you do not have a catheter in place, you may still feel some burning and a sense of needing to urinate frequently and urgently, this will clear up over the next few weeks.
- Avoid straining to have a bowel movement.

**Diet:**

- There is no required change in diet.
- To prevent constipation, drink plenty of fluids including 3-5 (8 oz.) glasses of water daily and increase your fiber intake diet with fruits, vegetables and bran...take your stool softener as directed.

**Activity:**

- No driving for 24 hours after your surgery; if your pain medication makes you drowsy, do not drive!
- If you are planning a long car ride that is greater than 1 hour, speak with your Surgeon about this for his advice.
- You may shower the day after surgery.

- You will continue to improve and feel better each day and should be able to return to most of your normal activities within 4 weeks.
- Stay mobile; walking is good exercise, but nothing too strenuous.
- Try to get out for a short walk each day and increase the distance as you can tolerate.
- No lifting more than 5 kg/10 lbs. OR strenuous activities (gardening, exercise) for at least 4 weeks.
- No tub baths, hot tubs or swimming until discussed with your Surgeon.
- When lying or sitting for long periods, flex and rotate ankles and bend knees up and down on at a time at least every hour.
- It is important to do deep breathing and coughing exercises at least every hour to keep chest clear.

**Follow-Up:**

- You will need to arrange your own first follow-up appointment; the contact information will be given to you before you go home
- At this appointment, you can discuss when you will be able to return to work, as well as any restrictions that may be necessary.

**CALL YOUR SURGEON OR GO TO THE NEAREST EMERGENCY ROOM IF YOU HAVE:**

- Fever or chills (Temperature of 38.5/101 F or higher)
- Severe abdominal pain not relieved by pain medication when taken as directed.
- Nausea and/or vomiting that is not relieved by an anti-nausea medication (Gravol).
- Developed a new or worsening burning, pain or an increase in bleeding when urinating.
- Not been able to urinate and are becoming uncomfortable.

IF YOU ARE UNABLE TO REACH YOUR SURGEON, go directly to the Emergency Room for medical attention!