



Patient Instructions

TURP

TURP (transurethral resection of the prostate) is a procedure in which your doctor uses a special telescopic instrument to remove the section of the prostate that is blocking urine flow. The entire prostate is not removed, but only that portion which is obstructing the urethra.

Diet

Because of the raw surface, alcohol, spicy food and drinks with caffeine may cause irritation and should be used in moderation. To keep your urine flowing freely and to avoid constipation it is recommended to drink 8-10 glasses of fluids daily.

Activity

It is important to realize that the area of the resection is raw and covered with a scab to promote healing and prevent bleeding. While the healing process occurs certain precautions are needed to ensure that this area of healing is not disturbed over the next 6-8 weeks. Your physical activity should be restricted. During this time use the following guidelines:

- A. No lifting heavy objects (anything greater than 10 lbs).
- B. No driving a car for 7 days (14 days for a clutch), or if you are still taking pain medications. Limit long car rides until 3 weeks post-operatively.
- C. No strenuous exercise, limit stair climbing to a minimum
- D. No sexual intercourse until okayed by your doctor
- E. You may shower in 24 hours. No tub baths while the Foley catheter is in place.

Bowels

It is important to keep your bowels regular during the post-operative period. Straining with bowel movements may cause bleeding. You may take a stool softener or a mild laxative if needed.

Operative Site

You will be discharged with a Foley catheter in place. You will have a special drainage bag that is worn around your leg. It is recommended to wear loose comfortable pants. You will probably have this catheter in place for 3-4 days and will be instructed by your nurse prior to being discharged on how to remove the catheter at home when your doctor deems appropriate. It is important to understand that even with the catheter in place you may have the feeling you need to urinate. You may also experience bladder spasms which may cause some leaking around the catheter, especially during bowel movements. Please contact the office if you have excessive leaking, bladder spasms or pain that is not under control with the pain medications your doctor has prescribed for you.

Post Operative Expectations

Because of the raw surface around your prostate and the irritating effects of urine you may have frequency of urination and/or urgency and perhaps even more getting up at night. This will usually improve slowly over the healing period and may take up to 6-8 weeks for these symptoms to resolve. You may see some blood in your urine off and on for 6-8 weeks after surgery. Do not be alarmed, rest and drink extra fluids until the urine clears. If you start to pass clots or the bleeding does not improve in 24 hours please contact your doctor.

Please feel free to contact the office anytime you have any additional questions or problems. Please call 249-3900 and ask to speak with a triage nurse.