

Discharge Instructions: Transurethral Resection of the Prostate (TURP) - GU

What To Expect

- It is common to experience bladder discomfort after TURBT. It may feel like you need to urinate more often and/or with an increased sense of urgency. You may also feel a sense of pressure in the lower abdomen. These symptoms are not dangerous and typically go away within a couple days. If they last longer, please contact your doctor.
- Pink-tinged urine is common for a few days after TURBT and is not dangerous. If it lasts longer, please contact your doctor.

Restrictions

- You may shower or take a tub bath the day after surgery.
- You may drive the day after procedure.
- For 24 hours after your procedure, do not lift anything heavier than 10 pounds and avoid strenuous activity. After 24 hours, you may return to normal physical activity.
- If you stopped blood thinner or aspirin medication before your procedure, it is generally safe to resume the medication 2 days after the procedure, unless your doctor gives you other instructions.
- If you took other types of medications before your surgery, you can start them again immediately.

Pain Control

- Standard pain medications usually do not help bladder discomfort after this procedure. A few days of taking a bladder-relaxing medication such as oxybutynin (Ditropan®) may help relieve the feelings of frequency and urgency. These medications commonly cause temporary dry mouth and, occasionally, constipation. Drinking 2-3 quarts of water a day and taking a stool softener such as bisacodyl (Dulcolax®) may be helpful. Check with your doctor to make sure you do not have any fluid restrictions.

Diet

- You may resume your previous diet. We recommend you begin with lighter foods and if that does not upset your stomach, progress to a regular diet.

Call Us If...

- bladder discomfort (increased urge to urinate or a need to urinate more frequently) lasts more than a 2 days
- your Foley catheter is not draining or if you are leaking around the insertion site
- blood in the urine that lasts more than a 2 days
- blood clots in the urine
- you cannot urinate
- you have new, intense pain in your side or back
- you develop a fever of 101° F (38.3°C) or higher or if you have a fever with chills or sweats
- you cannot eat or drink without vomiting

If you have any questions or concerns, please contact the GU clinic at **716-845-3159**. You may also call Roswell Park 24/7 at **716-845-2300** and the staff will assist you.

Follow Up Care

- You should be scheduled for a follow up appointment in the clinic about 1 to 2 weeks after your procedure.
- At that visit, you will receive the final pathology report of the prostate tissue that was removed and discuss any further recommendations or treatments.
- You will go home from the hospital with a Foley catheter to drain urine. The catheter will likely be removed at the follow up appointment, unless your urologist has discussed otherwise.
- If you left the hospital with a Foley catheter to drain your urine, it will likely be removed at this visit, unless otherwise discussed with you by your urologist.
- Since this appointment is very important, please contact the clinic if you do not have one scheduled or if you need to change the date or time.