

Transurethral Bladder Surgery Post-Procedure Instructions

UROLOGY
SAN ANTONIO

Your attention to the following instructions during your initial recovery will contribute to the success of the procedure.

Healing

Despite the fact that no skin incisions were used, the urethra and bladder are raw and irritated. Because of this raw surface, you may expect frequency of urination and/or urgency (a stronger desire to urinate). You may also find that you need to get up more often at night to urinate. These symptoms will usually resolve or improve slowly over several weeks. You may see some blood in your urine over the first few weeks. Do not be alarmed even if the urine was clear then becomes bloody. If you see blood in the urine, limit strenuous activity and be sure to drink a lot of fluids until the urine clears. If you start to pass blood clots or the bleeding worsens, call us.

Some patients are sent home with a catheter in their bladder. It is normal to see blood in the urine as long as you have a catheter in place, and you may continue to see blood in the urine for several days after the catheter is removed. The catheter should be draining periodic red urine – this is normal. It is very important to drink a lot of fluids. If you are discharged with a catheter in the bladder, your doctor will tell you when to return to clinic to have the catheter removed.

Diet

You may return to your normal diet immediately. Because of the raw prostate, alcohol, spicy foods and drinks with caffeine may cause some irritation or frequency and should be used in moderation. To keep your urine flowing freely and to avoid constipation, drink plenty of fluids during the day (8-10 glasses).

Activities

Restrict your physical activities for at least the first one to two weeks of recovery. During this time, use the following guidelines, but remember these are only guidelines. Some operations are more extensive and require a longer recovery, others are more some simple and require less time to recover.

- No lifting heavy objects (greater than 10 lbs)
- No long car rides
- No strenuous exercise (minimize stair climbing)
- No sexual intercourse until approved by your doctor

Bowel Care

It is important to keep your bowels regular during the post-operative period. The rectum and the bladder are located next to each other in your body, and any very large and hard stools that require straining to pass can cause bleeding. You may be given stool softeners to prevent constipation. If needed you may take an over-the-counter laxative such as milk of magnesia or Dulcolax.

Medication

You should resume all of your pre-surgery medication unless your doctor tells you otherwise. In addition, your doctor will often provide a stool softener and an antibiotic to prevent infection. You should take the antibiotic as prescribed until the bottle is finished unless you experience problematic side effects. If you experience problematic side effects, call you urologist.

Call Your Urologist If You Experience These Problems

- Fevers over 101.5° F
- Heavy bleeding or clots that prevent the catheter from draining (see section above about blood in urine)
- Inability to urinate