

## TRANSURETHRAL RESECTION OF THE PROSTATE (TURP) POST-PROCEDURE INSTRUCTIONS

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Your attention to proper post-operative care will contribute to the success of your procedure. At home, you should observe the following instructions during your initial recovery.

### Healing

Despite the fact that no skin incisions were used, the prostate is quite raw. The prostate has a scab over the area that was treated. Certain precautions are needed to insure that this scab is not disturbed over the next few weeks while the healing takes place.

Because of the raw surface around your prostate and the irritating effects of urine, 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 6 weeks. Do not be alarmed, even if the urine was clear for a while and then becomes bloody. If you see blood in the urine, limit strenuous activity and be sure to drink a lot of fluids.

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. 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 the 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 2 weeks of recovery. During this time, use the following guidelines.

- 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 prostate are located next to each other in your body, and 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 your urologist.

### Call Your Urologist If You Experience These Problems

- Fevers over 101.5° F
- Heavy bleeding or clots (see section above about blood in urine)
- Inability to urinate