

Post Operative Considerations after a TURP

TURP - Transurethral Resection of the Prostate. This operation is done to remove prostate tissue which is obstructing the flow of urine from your bladder. The operation is done via the urethra.

When you go home from hospital please be mindful of the following:

Bowels -

You need to keep your bowel motions soft and regular. This is important after any operation. We do not want you to strain to open your bowels as this may cause bleeding from your urinary tract. If you are troubled with constipation and are passing hard stools please use Movicol or another osmotic laxative. You can get Movicol from any pharmacy. If constipation persists please speak to your local pharmacist. Drink plenty of water (1.5-2L per day) and maintain a healthy balanced diet to help prevent constipation.

Activities -

No heavy lifting or strenuous activities for 4 weeks post operatively. Any activity which causes you to use your abdominal muscles will increase abdominal pressure and you may experience bleeding from your urinary tract. No sexual intercourse for 4 weeks post operatively. Please discuss with us when it is appropriate to return to work.

Urinating -

Your urine may have some blood in it for a few weeks. You need to drink adequate amounts of fluid to keep your urine clear - light pink coloured. Should you experience bright red bleeding or you pass blood clots, rest, drink plenty of water and if the bleeding does not resolve please contact the rooms. 10-14 days after your procedure you are likely to have some blood in your urine as the scab on the prostate from surgery will come away. You may experience a change in urinary control after surgery, this will settle down but you may need to use a continence pad initially while you are recovering from surgery. Irritants such as caffeine, alcohol some juices and fizzy drinks may make your urinary symptoms worse so be mindful of this.

Pain -

You should only require simple analgesia after your procedure. Use regular Paracetamol for discomfort. You can use Ural if you experience burning when passing urine. Ural is a urinary alkaliniser and you can purchase it from any pharmacy.

When to alert us -

- If you cannot pass urine and feel uncomfortable
- If you do not pass urine for more than 4 hours
- If you experience signs of an infection - fever / discomfort / odour to your urine / feeling unwell
- If you have bright fresh blood in your urine that doesn't settle with rest and increased fluid.