After Bladder Surgery
(TUR-TransUrethral Resection)

Discharge Information
General Information (for either procedure)

- TUR (Transurethral Resection) Bladder Neck may be done to remove scar tissue blocking urine flow.
- TUR (Transurethral Resection) of Bladder Tumour is done to remove a bladder growth.

- A thin tube or telescope is passed up the urethra so the surgeon can see inside the urethra and bladder. An instrument attached to the telescope is used to cut away the abnormal area.

After the operation

- You may have a tube (catheter) in your bladder to drain the urine into a collecting bag.
- To keep the urine clear and free of clots, ‘bladder irrigation’ may be used. This is a large bag of fluid that flushes out the bladder and drains out through the catheter.
- Sometimes the catheter must stay in place for a while after you go home. The blood in your urine will slowly clear and then the catheter can come out. This is normally about 1 to 3 days after surgery. Before you leave the hospital, the nurse will show you how to look after your catheter.
- A TUR may be done with a general (you are asleep) or spinal anesthetic.
- For spinal anesthetic you can also be asleep and you usually have less pain after surgery. You cannot feel anything below the lower chest during the operation.
**Important Points in Treatment**

**Activity**
- It may take 4 to 6 weeks for the surgical site to heal.
- During the first 3-4 weeks, it is important to **avoid activities** that may put pressure on the healing area causing bleeding.

  **Avoid**
  - long walks
  - fast stair climbing
  - driving
  - lifting anything over 10 pounds
  - sexual intercourse
  - heavy housework
  - sports, eg. golf, tennis
  - gardening

- Ask your doctor when you can return to work.
- You may **shower** as you wish.

**Pain**
- You may feel some low back pain after your surgery. This is due to positioning during the operation. Pain medication and/or lying on your side and walking may help reduce pain.
- Take pain medication as ordered by your doctor. If your doctor does not order any pain medication - you may take Tylenol (plain or extra strength) according to the package instructions.
- Do not use any ASA (Aspirin) products unless ordered by your surgeon. Consult with your doctor if you normally take ASA.
- Bladder spasms may occur while the catheter is in place.

**Diet**
- A well-balanced diet is important for wound healing.
- Avoid straining during bowel movements. Include high fiber foods in your diet to prevent constipation:
  - whole grain breads
  - bran cereals (All Bran, Bran Buds, Fruit & Fiber)
  - fruits (prunes, raisins, dates, bananas, apples)
  - vegetables (broccoli, corn, beans, potatoes)
- Ask your pharmacist about a mild laxative or stool softener, if needed.
- Keep your urine flow working freely by drinking plenty of water (a glass an hour while awake). If you have a history of Heart Disease or Kidney Failure - discuss with your doctor how much fluid you are allowed.
- Avoid caffeine (i.e. coffee, tea, cola’s) until bladder symptoms settle. Caffeine can make it difficult to regain urinary control.
- Avoid spicy and acidic foods - they may produce substances in your urine that irritate the healing area.
- Check with your doctor regarding use of alcoholic beverages.

**Sexual Activity**
At your follow-up appointment, discuss with your doctor any concerns you may have about resuming sexual activity.
Catheter and Urine

• You may feel the need to urinate frequently while the catheter is in.
• It is normal to pass some urine around the catheter. You may wish to wear a pad until this stops.
• Your urine may be blood-tinged (like cranberry juice) for 4-5 days. If you have blood tinged urine:
  • Reduce activity, rest quietly, lying down.
  • Drink plenty of fluids (unless otherwise indicated by your doctor)
• If there is more bleeding (like tomato juice) or you are passing clots in the urine, call the surgeon.
• When the catheter is removed, you may feel burning when urinating and need to urinate more often. This should improve in time.

Follow-Up Appointment
Contact your doctor’s office to arrange for a follow-up appointment, unless already arranged.

Notify the Doctor or go to the Emergency Department if any of the following happens:

• chills, fever (temperature above 38.4°C or 101.2°F)
• pain over the kidneys or flank
• you are unable to urinate for more than 8 hours despite adequate fluid intake
• bleeding continues or increases, or if you pass large clots in your urine
• the prescribed medication does not relieve the pain