

# Prostate Surgery

## TURP

(Trans-Urethral Resection  
of the Prostate)

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## **What is a Trans-Urethral Resection of the Prostate (TURP)?**

A TURP is usually performed under a spinal or general anaesthetic. A lighted scope is put into the urethra and the excess prostate tissue is gradually removed. The procedure may take 45 minutes to one hour.

## **Patient Care Schedule**

This is a schedule highlighting your care at our hospital. We will adjust your care according to your needs.

Our goal is to help you understand your care during your stay at the hospital and to make your stay as stress-free as possible.

## **Pre-Admission Clinic**

You will be contacted by the Pre-Admission Clinic 7 to 14 days before your surgery.

At the clinic you will receive additional information to prepare you for your surgery.

## **Hospital Visiting Hours**

11:00 am to 8:00 pm

## Before Surgery

Medications	<p>5 - 7 days before surgery stop taking:</p> <ul style="list-style-type: none"> <li>• Aspirin</li> <li>• Blood thinners (anticoagulants)</li> <li>• Persantin</li> </ul> <p>Two days before surgery take a laxative</p> <p><b>The morning of your surgery, take your regular medications with a sip of water.</b></p>
Diet	Do not eat or drink anything after midnight the day before your surgery.
Activity	Normal
Treatments	<p>You will have a blood test when you visit the Pre-Admission Clinic.</p> <p>Take a shower the morning of your surgery.</p>
Learning	<p>At your Pre-Admission Clinic visit, you'll watch a video, showing you what to expect during and after your surgery. Including your surgery day, you will be in hospital for 1 - 3 days.</p> <p>If needed make arrangements for help at home after your surgery.</p>

## Surgery Day

Medications	You will receive medications to help you to manage your pain and/or nausea.
Diet	<p>At first you can have sips of fluid.</p> <p>We will give you a light supper.</p>
Activity	You will rest in bed. At meal times the head of your bed will be raised.
Treatments	Just before your surgery the nurse will start an intravenous (IV). After you wake up you will have a catheter in place. Your bladder is irrigated with a saline solution until bedtime or morning. Your nurse will also regularly check your blood pressure, pulse and temperature.
Learning	

## After Surgery - Day 1

<b>Medications</b>	If you need pain medication, ask your nurse. Most medications you were taking at home will be restarted. The nurse may give you a laxative, if you have gas pains.
<b>Diet</b>	You may eat a normal diet. Drink 8 to 10 glasses of fluid daily.
<b>Activity</b>	Take short walks around the ward. Don't sit for longer than 30 minutes.
<b>Treatments</b>	The IV will be taken out in the morning. The bladder irrigation, if not stopped at bedtime, will be stopped now. The catheter will be taken out in the early morning. The nurse needs to measure your first urination/voiding after your catheter is removed.
<b>Learning</b>	The nurse will remind you about your home instructions. (See page 7 in this pamphlet). If you are able to urinate just over 1/2 cup (150 ml) without pain, you will be allowed to go home. Check out time is 10:00 a.m. Make sure you have made arrangements for someone to pick you up. If you are unable to urinate as noted above, you may be sent home with a catheter in place. You will receive patient information booklet: Catheter Care-How to Care for a Urinary Catheter

## At Home

<b>Medications</b>	You may get a prescription for any new pills your surgeon has ordered. Check with your doctor before you start your regular medications. If you continue to feel pain as you get more active, Tylenol® may be helpful. <b>DO NOT USE AN ASPIRIN PRODUCT</b> unless ordered by you surgeon.
<b>Diet</b>	Drink 8 to 10 glasses of fluid daily. To avoid constipation include fiber in your diet. Foods high in fiber are: fresh fruits, vegetables, grain cereals and bran muffins. If you need a laxative, take a mild laxative such as Magnolax®.
<b>Activity</b>	Sitting for long periods puts pressure on the operation area and increases the chance of bleeding. If you must sit for a long time, it is best to take a break every hour and use a cushion for hard surfaces. It may take 4 to 6 weeks for your surgery to heal. During the first 3 weeks, stay away from activities that could put pressure on the healing area such as: gardening, sports (ie. golf, tennis), long walks, fast stair climbing, etc. Sexual activity may be resumed in three weeks.
<b>Learning</b>	Make an appointment with your surgeon for your next visit. Call your doctor if you notice any of the following: <ul style="list-style-type: none"> <li>• fever - a temperature more than 38°C</li> <li>• pain gets worse</li> <li>• urine has blood or clots in it</li> <li>• problems urinating, pain, or unable to urinate</li> </ul>

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