

TUPR

(Trans-Urethral Resection of the prostate)

How to Care for Yourself at Home

General Information

A Trans-Urethral Resection of the prostate (TURP) is usually performed under a Spinal or General Anaesthesia. A lighted scope is put into the urethra and the excess prostate tissue is gradually removed. The procedures may take 45 minutes to an hour.

After surgery you need to take special care of yourself as you recover.

Important Points in Treatment

Activity

It may take four to six weeks for the surgical site to heal.

During the first 3 weeks, avoid activities that may put pressure on the healing area such as:

- long walks
- fast stair climbing
- driving
- lifting (i.e. anything over 10 lbs. or 4.5 kg)
- sexual intercourse
- heavy housework
- sports (i.e. golf, tennis)
- gardening

These activities could interfere with healing. Ask your Doctor when you can return to work.

Bathe or shower as you wish. For one week avoid sitting long periods of time, such as long car rides. Sitting for a long period, may put pressure in the operative area and increase bleeding risks. If you must sit for a long time period, you may want to take a walking or laying down break every hour. Use a cushion when sitting on hard surfaces.

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. Talk with your doctor if you normally take ASA.

Bladder spasms sometimes occur while your catheter is in place. Call your doctor if pain medication is not working.

When the catheter is first removed, you may feel burning when urinating. This will decrease with time.

Diet

Remember that a well-balanced diet is important for wound healing.

Avoid straining during bowel movement. Include high fiber foods in your diet to prevent constipation:

- bran cereals (All Bran, Bran Buds, Fruit & Fiber)
- fruits (prunes, raisins, dates, bananas, apples)
- vegetables (broccoli, corn, beans, potatoes)

Ask your doctor or pharmacist about a mild laxative or stool softener, if needed.

Keep your urine flow working freely by drinking plenty of water (12-14 glasses). If you have a history of Heart Disease or Kidney Failure - talk to your doctor on how much fluid you are allowed.

Avoid alcohol and caffeine (i.e. coffee, tea, cola's) until bladder symptoms settle. Alcohol and caffeine may aggravate your symptoms and may delay your recovery.

Avoid spicy and acidic foods - they may produce substances in your urine that irritate the healing area.

What you can do to improve control of your urination?

If you experience frequency, dribbling or involuntary loss of urine, practise these simple exercises:

- a) Tighten your buttocks for 5–10 seconds and then relax. Do these exercises 5–10 times each hour during the day.
- b) While urinating, stop and then restart the urinary stream.

Sexual Activity

- a) At your follow-up appointment, talk with your doctor about any concerns you may have about resuming sexual activity.
- b) You may notice that when you engage in sex, most of the semen will go into the bladder producing a "dry" climax. This will cause your urine to be cloudy. Your orgasm will feel the same as before surgery.

Blood Tinged Urine

There may be some blood in your urine for 4–5 days. If you have blood tinged urine:

- a) Reduce activity, rest quietly and lie flat
- b) Drink plenty of fluids (unless otherwise indicated by your doctor)

Follow-Up Appointment

Ensure you keep appointments for follow-up care with your Doctor. Contact your Doctor's office to book an appointment.

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

- Chills, fever above 38°C (100.4°F), or “Kidney” pain (flank pain);
- You are unable to urinate for more than 5–6 hours despite adequate fluid intake;
- Bleeding persists or increases, or if you pass clots in your urine;
- You have pain that does not get better after you take pain medicine.

Besides these general instructions remember also:

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