

ACTIVITY

You may use stairs and take short walks. Gradually increase your exercise and activity as tolerated.

Avoid heavy lifting (more than about 10 pounds), gardening, bicycling for 6 weeks as this can increase the pressure your abdomen puts on your bladder and may result in more blood in your urine.

Sexual activity should be avoided for 2-3 weeks.

PAIN MANAGEMENT

You can expect to have very little pain from this procedure. Most patients do not require any prescription pain medications upon discharge. Generally, Tylenol or Extra-Strength Tylenol or an anti-inflammatory will be sufficient to control any discomfort you may have.

REMINDER

Make a follow-up appointment with your doctor as directed.

Further instructions:



Care After Your Transurethral Resection of the Prostate (TURP)

Patient Education

Surgical Services Patient Education

BLOOD IN URINE (HEMATURIA)

You may experience blood in the urine continuously for the first two weeks and intermittently for up to 6 weeks in the urine with or without small clots. This is to be expected. Please contact your Urologist if the clots make it difficult to void.

Bleeding where large blood clots are formed or the urine has the consistency of Ketchup, is excessive.

Should this happen, please contact your urologist or go to your nearest Emergency Department immediately

MEDICATION:

Follow your doctor's instructions about resuming pre-operative medications.

URINARY SYMPTOMS:

You may experience urinary urgency, urinary frequency and discomfort with voiding. This should improve within a few weeks after surgery.

BOWEL MOVEMENTS:

It is important to keep your bowels regular during the postoperative period. Straining with bowel movements can cause bleeding. A bowel movement every other day is reasonable. You may require a stool softener (over the counter) to promote regular bowel movements.

HYGIENE:

You may shower or bathe as per usual

DIET:

You may resume your regular diet

CALL YOUR DOCTOR IF:

- Bright red bleeding in urine with heavy clots
- Have a fever higher than 38.5 °C or 101 °F
- If you feel a strong urge to void but are unable to do so.
- After voiding, you still feel a full sensation in the bladder (there may be retention)
- Severe pain that is not relieved by pain medication
- No urine draining from the catheter if you have one