

Postoperative instructions after TUR-P (endoscopic resection of prostate)

Following a TUR-P, it will take eight to twelve weeks for your bladder and prostate to heal completely. During this period of time you may occasionally pass small blood clots or pieces of tissue, - this is not unusual and no reason for concern. Even though your urine may clear up within a couple of days after discharge from hospital it is not uncommon to experience blood stained urine again about a fortnight after your operation. This is due to scabs coming off the healing wound. The urine will normally clear up spontaneously within 48 hours.

Antibiotics Some patients will be discharged on antibiotics. This usually occurs in patients who have had a catheter before the operation or who have had a urinary infection before or after the operation. It is important that you complete the full course of antibiotics.

Diet You may return to your normal diet immediately. Eat a well balanced diet. Because of the raw surface of the prostate alcohol, spicy foods and drinks with caffeine may cause some irritation or frequency and should be used in moderation. To keep your urine flowing freely and to avoid constipation, drink plenty of fluids during the day (8 - 10 glasses).

Bowels It is important to keep your bowels regular during the post-operative period. The rectum and the prostate are next to each other and any very large and hard stools that require straining to pass can cause bleeding. A bowel movement every other day is reasonable. Use a mild over-the-counter laxative if needed and speak to your GP if you are having problems. (Milk of Magnesia 2-3 Tablespoons, or 2 Dulcolax tablets for example).

Bath/Shower You are allowed to have a shower or a lukewarm bath immediately after your discharge from hospital. However, avoid hot or prolonged baths as this may encourage bleeding.

Activity To reduce the risk of bleeding after the surgery, it is important not to be too active. Your physical activity is to be restricted, especially during the first two weeks. During this time you should not lift heavy objects (anything greater than 10kg), take long car rides, perform strenuous exercise, or engage in sexual intercourse. Avoid gardening, golf or other demanding activities. Short walks and slow stair climbing are permissible. Minimize severe straining during bowel movements by using a laxative if necessary.

Sexual Activity If you were sexually active prior to your surgery, you can resume normal sexual activity after 2 weeks. Resection of the prostate usually has little effect on a man's potency, orgasm, or ability to sense orgasm. There is a <2% risk of erectile dysfunction from TURP. There may initially be some burning with ejaculation. Retrograde ejaculation (the ejaculate goes into the bladder rather than out the penis) or decreased volume of ejaculate is common after TURP. In roughly 40-75% of cases there will be no fluid with ejaculation or there may be retrograde ejaculation. With retrograde ejaculation the orgasm occurs as usual but the sperm will enter the bladder instead of squirting out of the urethral opening.

Medication You should resume your pre-surgery medication unless told otherwise. In addition you may be given an antibiotic to prevent infection. These should be taken as prescribed until you have finished the course unless you are having an unusual reaction to one of the medications. You may also be given prescriptions for pain or medication to reduce bladder spasms such as Oxybutynin. These medications may be taken as desired.

Problems you should Report

1. Chills or fevers over 38 degrees Celsius
2. Heavy bleeding, or clots that prevent you from passing urine (it is not unusual for urine to be blood tinged when starting the stream)
3. Inability to urinate
4. Drug reactions, hives, rash, nausea, vomiting, diarrhea
5. Severe burning or pain with urination that is not improving.

Follow up You should have a follow-up appointment about 6-8 weeks after your surgery in our outpatient department.