

# Trans Urethral Resection of Bladder Tumour (TURBT) or Uretherotomy

**For patients going home from Toronto Western Hospital after:**

- TURBT**
- Uretherotomy**

Read this brochure to learn about:

- How to take care of yourself at home
- How to cope with pain
- What activities are safe
- What to do in case of emergency
- When to see the surgeon for follow up



**You have had an anesthetic or narcotic medicine.**

- Do not drive a car or drink alcohol for 24 hours.
- Have a responsible adult stay with you overnight.



## **What is a Trans Urethral Resection of a Bladder Tumour (TURBT)?**

TURBT stands for Trans Urethral Resection of Bladder Tumour. It is a surgery to remove a tumour from your bladder. The surgeon uses an instrument called a resectoscope which passes up the urethra into the bladder. We cut off the tumour and then destroy the tissue around and under the area of the tumour.

## **What is an Urethrotomy?**

Instead of a TURBT, you might be having a urethrotomy.

A urethrotomy is a surgery in which we cut into or remove part of the urethra.



## **What can I eat and drink after my surgery?**

You can go back to eating and drinking what you normally would.

Start slowly by having fluids and soups on the day of the surgery. Then return to your normal meals the next day.

If you are feeling nauseated (sick to your stomach) or you are vomiting, you can get anti-nausea medication such as Gravol. You can buy it from your pharmacy without a prescription.

Take the anti-nausea medicine as directed and continue drinking fluids until the nausea passes. Then slowly start to eat what you usually eat.



## How much activity is safe?

You can go back to most of your normal activities.

### For the first 4 weeks after your surgery:

- Do NOT lift anything heavier than 10 lbs (5 kgs). For example, do not carry groceries, or lift young children or small pets.
- Do NOT do strenuous exercises. For example, no gardening, shovelling snow, jogging, golfing or skiing.
- Do NOT have sex.
- Do NOT go on long car trips. Your car rides should be short and you should make frequent stops to urinate whenever you need to.
- **Do NOT strain when you are having a bowel movement.** To make sure you do not get constipated, drink lots of fluids (about 6 to 8 glasses of water a day—each glass should be about 8 ounces). Eat foods that are high in fibre such as bran, fruit and vegetables.
- Your surgeon will tell you when it is safe to go back to work.

### How do I care for my Foley catheter?

We may send you home with a tube called a Foley catheter. A Foley catheter is a tube that will continuously drain urine from your bladder, so you do not have to use a bedpan or a toilet to urinate. There is a small balloon on one end of the catheter that holds it in place inside your bladder.

- Follow the instructions in the “[How to Care for a Foley Catheter After Surgery](#)” pamphlet. Ask your Day Surgery nurse for the pamphlet or find it online at [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca).
- The catheter may cause you to have **bladder spasms**, which may give you an uncomfortable feeling in your lower stomach or make you feel like you have to urinate. This is normal. We may give you a prescription for pain medication and/or a medication to help calm the spasms. Follow the directions for taking the medication.

- We will give you an appointment to have the catheter tube removed. The catheter is usually removed in the [Cystoscopy Clinic](#). Please see the Follow Up section at the end of this pamphlet for more information.



## When can I shower or bathe?

You can take a shower 24 hours after your surgery. You can shower even if you have a Foley catheter in place.

Do not take baths for 3 to 4 weeks.

## How do I take my medication?

- We may give you a prescription for a medication that will help your bladder spasms. Follow the directions for taking the medication.
- We might also give you a prescription for antibiotics. Take the antibiotics as directed until you have finished the bottle. Finish the antibiotics unless your surgeon tells you not to.



- If you have a skin reaction (hives), or itchiness or redness, stop taking the antibiotics. Call your surgeon or family doctor right away.
- If you feel pain at all, it should be very mild. You can take acetaminophen (Extra-Strength Tylenol). Follow the directions on the bottle.
- Do NOT take anti-inflammatory drugs (such as Advil or Ibuprofen) or ASA (such as Aspirin) for 2 weeks after your surgery. These medications can increase the risk of bleeding.



## Problems to watch for

**Call your surgeon, or your family doctor, or come to the Toronto Western Hospital Emergency Department if you have any of the warning signs below. If you are from out of town, go to the nearest Emergency Department if you have any of the following:**

**Fever:** A temperature higher than 38 °C or 101 °F

**Bloated feeling** in your lower abdomen (belly) and you haven't been able to urinate for 8 to 12 hours.

**Heaving bleeding when you urinate (pee):** You see bright red blood when you urinate.

**Pain** in your side or lower stomach area.

## Your follow-up appointment

You need to have a follow-up appointment with your surgeon in 4 weeks. If you do not already have an appointment, call your surgeon's office to make one.

In 3 months, you may also have a follow up appointment in the Cystoscopy Clinic at Toronto Western Hospital. Your surgeon will examine the bladder with an instrument called a cystoscope. Your surgeon will make your Cystoscopy Clinic appointment after the follow-up visit.

Date: \_\_\_\_\_ Time: \_\_\_\_\_

- Dr. Elterman Phone: 416 603 5800 ext. 5033  
Main Pavilion – 8th Floor (Room 317)
  
- Dr. Hassouna Phone: 416 603 5018  
Main Pavilion – 8th Floor (Room 306)

- Dr. Radomski Phone: 416 603 5713  
Main Pavilion – 8th Floor (Room 304)
  
- [Cystoscopy Clinic](#)  
East Wing – 4th Floor

## Special instructions for you

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[www.uhn.ca](http://www.uhn.ca) or [uhnpatienteducation.ca](http://uhnpatienteducation.ca)

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