

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

UHN

Instructions For Patients Going Home from:

- TURBT
- Uretherotomy

You have had a general anaesthetic.  
Do not drive a car or drink alcohol for 24 hours.

## What is a Trans Urethral Resection of a Bladder Tumor?

TURBT stands for **T**rans **U**rethral **R**esection of **B**ladder **T**umor. In this operation we take the tumor out of your bladder. We use an instrument called a resectoscope that we pass up your urethra into your bladder. We cut off the tumor and then destroy the tissue around and under the area of the tumor.

## What is a Uretherotomy?

Instead of a TURBT, you might be having a Uretherotomy. A Uretherotomy is an operation in which we cut into or remove part of the urethra.

## What you can eat and drink after your operation

You can go back to eating and drinking what you normally do as soon as you feel ready.

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## How much activity is safe?

You can go back to most of your normal activities. But for the first **4 weeks** after your operation:

- Do NOT lift anything heavy. For example, do not carry groceries, or lift children or pets.
- Do NOT do strenuous exercises. For example, do not garden, snow shovel, jog, golf, or ski.
- Do NOT have sexual intercourse.
- 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 oz.). Eat foods that are high in bulk (for example, bran and fruit).
- Your surgeon will tell you when it is safe to go back to work.

## How to care for your Foley Catheter

We may be 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 don't 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 on the "Foley Catheter Care Instruction Sheet."**
- The catheter might cause you to have bladder spasms. (These might give you an uncomfortable feeling in your lower stomach area or they might make you feel like you have to urinate). This is normal. We might give you a prescription for pain medication and/or a medication to help calm the spasms. Follow the directions for taking the medication.
- You will be given an appointment to return to have the tube removed. The catheter is usually removed in the Cystoscopy department on the 4th floor, New East Wing.

## How to take showers

- You can take a shower 24 hours after your operation. You can shower even if you have a Foley Catheter in place.
- Do not take baths for 3 to 4 weeks.

## How to take your medication

- We might 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 Extra Strength Tylenol. Take 1 to 2 tablets every 4 hours while you are feeling pain.
- **Do NOT** take anti-inflammatory drugs (such as **Advil®** or **Ibuprofen®**) or ASA (such as **Aspirin®**) for 2 weeks after your operation. These medications can increase the risk of bleeding.

## Watch for these problems

Call your surgeon or call 416-340-3155 and ask to speak to the Urology Resident on call or go to the nearest Emergency Department if you have any of the following:

- a fever (temperature higher than 38°C or 100°F).
- a bloated feeling in your lower abdomen and you haven't been able to urinate for 8 to 12 hours.
- heavy bleeding when you urinate (you see bright red blood when you urinate)
- pain in your side or your lower stomach area.

## Your follow-up appointment

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

In 3 months, you may also have a follow-up in the Cystoscopy Unit. (Where you will have an examination of the bladder with an instrument called a cystoscope.) When you see your surgeon for the follow-up appointment, he will make your Cystoscopy appointment.

Doctor: \_\_\_\_\_

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

Telephone: \_\_\_\_\_

Location: \_\_\_\_\_

## Special instructions for you

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