

# TURP

## (Trans Urethral Resection of the Prostate)

### Information for patients

You are having your surgery at:

Toronto General Hospital

or

Toronto Western Hospital

### What is a TURP?

The prostate is a gland that surrounds your urethra where the urethra meets the bladder. This gland can get bigger and make it hard to urinate (pee).

It's normal for this gland to get bigger as you get older. The condition is called BPH or Benign Prostate Hyperplasia. "Benign" means not cancer.

TURP stands for **T**rans **U**rethral **R**esection of the **P**rostate. For this surgery, we cut away the extra prostate tissue. The surgeon uses an instrument called a resectoscope to go inside your prostate through your urethra. The tissue cut away gets flushed out of your body.



## **What happens before my surgery?**

Please tell your health care team if you had any special tests or medical issues. Let them know if you visited any specialists. An example would be a cardiologist. This will help us coordinate your care.

Please tell your health care team if you are taking:

- Aspirin
- any anti-inflammatory medication
- any other blood thinners such as Coumadin or Plavix

Your surgeon's office will call you with a Pre-Admission appointment and your surgery date.

## **What can I expect in Pre-Admission?**

Your Pre-Admission appointment will be over the phone or in person.

Please have ready:

- your Ontario health card (OHIP)
- any other insurance cards you may have (you will need the policy number of your extended health insurance if you have one)
- any records of previous tests
- any medication you are taking (have your pharmacy's phone number)
- any important health information such as past surgeries or tests

You will also need to do a blood test and an ECG (electrocardiogram) and/or a chest x-ray to prepare you for the surgery.

You will be seen by:

- a pharmacist
- a nurse in the Pre-Admission Clinic who does a full health assessment. They also review information about the surgery and answer any questions you have.

Depending on your medical history, you might see an anesthetist or a medical doctor.

### **The evening before surgery**

You need to buy a fleet enema at a pharmacy and give it to yourself the evening before your surgery.

**Important:** Do NOT eat or drink for 5 to 6 hours before your surgery.

### **The morning of my surgery**

- Arrive at the hospital 2 hours before your surgery is scheduled.
- We give you an intravenous (IV) line. This is a small needle that goes in your arm to give you fluids or antibiotics.

### **What can I expect after the surgery?**

You wake up in the Post Anesthesia Care Unit (PACU).

You are attached to some tubes:

- **an IV**
- **a catheter** (thin tube that goes in your penis to drain urine from your bladder)

The catheter is connected to a bag of saline (salt water) solution. Saline flushes the blood and clots from your bladder. We call this Continuous Bladder Irrigation.

Usually patients go home without a catheter.

If you are not able to pass urine and go home with a catheter, your nurse will show you how to clean the catheter. It is important to keep the catheter clean.

## **What does a catheter feel like?**

You may feel like you have to urinate. You may also feel muscle spasms in your bladder. These spasms may come and go. We may give you a medication that can help to calm them.

We usually take the catheter out the day after your surgery, depending on the colour of your urine.

When we've taken the catheter out, drink lots of fluid. This means about 8 glasses of water a day (each glass should be about 8 ounces).

## **How to take care of myself when I leave the hospital**

You will probably go home on the day of surgery or you may stay 1 night in the hospital. It should take about 2 to 3 weeks for you to heal after this surgery.



Keep drinking lots of fluid to flush out your bladder. This waters down your urine so you feel less burning when you urinate. Sometimes your urine may have a pinkish to reddish colour. This means you need to drink more fluids.



For the next 2 to 3 weeks, don't lift anything over 5 kilograms (10 pounds) such as groceries, small children or pets.



Don't do heavy exercise such as shoveling snow, gardening, jogging, golfing or skiing. You can take walks. After 2 to 3 weeks, you can go back to your usual activities.



Don't take long car trips. Keep them short. Make stops to urinate when you need to.



Don't strain when you're having a bowel movement. Eat food that is high in fibre (bran, fruits, vegetables) so that you don't get constipated. You can take mild laxatives like Metamucil, Prodiem, or Milk of Magnesia. Do NOT use enemas or suppositories.



Don't take any anti-inflammatory medicines for 2 weeks after your surgery unless your doctor has asked you to continue taking them.



Don't have sex for 2 or 3 weeks after your surgery because you may have some bleeding.

## What are the side effects from this surgery?

- At first you might have to urinate often. You might also feel burning when you urinate.

Increase the amount of water you drink to about 2 litres a day. This helps dilute your urine and decreases the burning feeling.

- Some patients have trouble ejaculating. The semen might flow into the bladder instead of the penis. This side effect is called **retrograde ejaculation**.



### When to call the nursing unit:

- If you bleed heavily when you urinate (pee) and this lasts for more than 24 hours.
- If you have a fever (temperature higher than 38 °C or 101 °F) or you feel chills.
- If you cannot pee.
- If you feel pain in your abdomen (bladder area) or on your side (near your kidneys).



## Your follow up appointment

Before you leave the hospital, we will make a follow-up appointment for you about 6 weeks after your surgery.

### How to contact us

#### Urologists Toronto General Hospital

Dr. Finelli	416 946 4501 ext. 2851
Dr. Fleshner	416 946 4501 ext. 2899
Dr. Hamilton	416 946 4501 ext. 2909
Dr. Kulkarni	416 946 4501 ext. 2246
Dr. Lee	416 340 3855
Dr. Perlis	416 946 2957 ext. 2957
Dr. Zlotta	416 586 4800 ext. 3910

#### Urologists Toronto Western Hospital

Dr. Elterman	416 603 5800 ext. 5033
Dr. Hassouna	416 603 5800 ext. 5018
Dr. Radomski	416 603 5800 ext. 5713

#### Toronto General Hospital Nursing Unit

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#### Toronto Western Hospital Nursing Unit

9B FP 416 603 5830



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