

Transurethral Resection of the Prostate

The Procedure

A transurethral resection of the prostate (TURP) is surgery to remove parts of the prostate gland through the penis. No incisions are needed. The surgeon reaches the prostate by putting an instrument into the end of the penis and through the urethra. This instrument contains a lighted camera and valves that control irrigating fluid. It also contains an electrical loop that cuts tissue and seals blood vessels. The wire loop is guided by the surgeon to remove the tissue blocking the urethra one piece at a time. The pieces of tissue are carried by the irrigating fluid into the bladder and then flushed out at the end of the procedure. Patients usually stay in the hospital for one night. Patients are discharged home with a urinary catheter.

Preparation for Surgery

- Avoid taking Aspirin, Motrin, Ibuprofen, Advil, Vioxx, Plavix, Coumadin, Celebrex 1 week before surgery as this may increase your bleeding risk. Contact your surgeon if you are unsure if you should stop a medication
- If you feel that you may have a urinary tract infection call the urology office before surgery
- Do not eat or drink anything after midnight the night before surgery

What to Expect After Surgery

Pain: You can expect to have some pain that may require pain medication for a few days after discharge. Because there are no incisions, tylenol should be sufficient to control your pain. If your pain is not controlled, call the urology office.

Hematuria: After surgery on the prostate, you will notice some blood in the urine. Pink tinged urine is normal. If you notice increasingly darker/redder urine with clots or if urine stops draining from the catheter, call the urology office. An attempt should be made to irrigate the catheter with the supplies provided to you at discharge.

Catheter-related discomfort: After surgery, you will have a catheter in your bladder. The catheter can cause some discomfort at the tip of the penis or cause bladder spasms which may create the feeling that you need to urinate. This is a normal sensation. Call the office if it is particularly bothersome

Showering: You may shower at home after surgery. It is ok to shower with the catheter. Do not pull on the catheter too hard.

Activity: Taking walks is advised. Do not sit or lie in bed for prolonged periods of time. Driving should be avoided while you have a catheter in place. You can expect to return to full activity and return to within 1 week after surgery.

Diet: There are no dietary restrictions.

Fevers: Call the urology office during business hours for any fevers or chills. If after hours, go to the nearest Emergency Department

When to go to the Emergency Department: If you have severe pain, uncontrolled vomiting, high fevers, significant bleeding, chest pain, shortness of breath, severe headache, or loss of consciousness go to your nearest emergency room or call 911

Questions? Call (323) 409-5787