

What to expect for your TURP (transurethral resection of prostate) procedure

Dr. Hyung Kim has reviewed your treatment options. You've elected to have a TURP.

Preparing for surgery.

Question: What preoperative testing is required?

In most cases, you will need to see your primary care physician for a preoperative evaluation, which will include blood tests and possibly an EKG. Your primary care doctor can tell you what medications to take on the morning of surgery. If you have a history of heart disease, you may be asked to see a cardiologist prior to surgery.

Question: What time is my surgery?

You may have been given a surgery date; however, the start time is not finalized until shortly before surgery. Often the start time is finalized the day before the surgery. This is because there are emergency surgeries being scheduled at the last minute. Also, patients who are unable to be without food for a long time because of their medical conditions are prioritized to go earlier in the day. Unless you've been given a start time, you will get a call 1-2 days before surgery with the start time.

Question: How early should I arrive at the hospital?

You should arrive 2 hours before the start time for your surgery.

Question: When do I have to stop eating and drinking for the surgery?

You should stop eating and drinking after midnight before your surgery. The goal is to have an empty stomach. You can brush your teeth on the day of surgery. Avoid things such as chewing gum or sucking on hard candy, because the increased saliva will fill your stomach.

Question: What medications should I take before my surgery?

You can take most of your morning medication on the morning of surgery with a small sip of water. However, you should check with your surgeon or primary care doctor who did your preoperative evaluation. Certain blood thinning medications such as aspirin (7 days prior to surgery), Plavix (5 days prior to surgery), Coumadin (5 days prior to surgery), Eliquis (2 days

prior to surgery) should be stopped several days before surgery. Diabetes-pills and water-pills (e.g. Lasix) are usually held on the morning of surgery. If you take insulin, you may be asked to take half the usual dose on the morning of surgery.

Surgery

Question: How long does the surgery take?

The surgery takes 1-2 hours. After the surgery is over, the surgeon will update anyone you designate.

Question: When do I meet the anesthesiologist?

You will meet the anesthesiologist on the morning of surgery. They will ask you questions. You will be able to ask them questions.

Question: When can my family see me after surgery?

After surgery, one family member is allowed to see you in the recovery room. The recovery room staff will call the family when you are ready to be seen. Most patients stay in the recovery room for 1-3 hours after surgery.

Question: How long is my hospital stay?

Most patients stay overnight in the hospital. In some cases, patients go home the day of surgery, but you should plan to stay overnight unless you've been told otherwise.

Question: Will I be in pain?

Because no cuts are made on your skin, you should have minimal pain. If there is discomfort, regular Tylenol should be enough to keep you pain-free.

Question: Do I need a bladder catheter?

Yes. After surgery, it is normal to have some blood in urine. To prevent this blood from forming clots, your bladder will be irrigated to dilute the blood and prevent clots. A special

catheter called a 3-way catheter is placed in the operating room while you are still asleep. This catheter is used to irrigate your bladder. It is usually removed the next day. Most patients are then able to urinate on their own and go home without a catheter. About 20% of patients have enough internal swelling from the surgery that they have trouble urinating. A catheter is then reinserted. You will then go home with a catheter and return to the urology clinic the following week to have it removed.

Question: What happens if I must go home with a catheter?

The nurses will go over catheter care with you. You will receive two types of bags that the catheter can drain to. There is a night bag that you carry around and a leg bag that attaches to your leg. You can wear loose clothing over the leg bag, which is helpful when you leave the house to do things such as shop or eat out.

Question: What can I do if the tip of my penis hurts?

The catheter can rub against the tip of the penis and irritate it. To minimize the discomfort, use KY jelly to lubricate the catheter at the tip of the penis. Do not use Vaseline since it can damage the catheter.

Question: Does it hurt when the catheter is removed?

No.

After discharge

Question: What should I do if I see blood in the urine?

It is normal to see blood in the urine, on and off, for several months after surgery. If the bleeding is heavy enough, it might form clots and plug your urine flow. If this happens you should call your doctor immediately and you may be instructed to go to the urology clinic or the emergency room. To prevent clot formation, you should drink extra fluids whenever you see the urine turn red. The fluids you drink will turn into urine, which will dilute the blood and help prevent clots. When drinking large amounts of fluids (more 5 glasses per day), the best fluids to drink are sports drinks such as Gatorade. When there is no blood in the urine, there is no need to drink excessively; simply drink when you are thirsty and stop drinking when the thirst goes away.

Question: Why do I have urinary urgency?

It is normal to have urinary urgency (strong sense for need to urinate) right after surgery as the bladder and prostate are healing. If the urinary urgency is really strong and you don't get to the bathroom in time, its possible to have an accident. Rarely, some patients may even need to use a pull-up temporarily.

Question: How long does it take for the urination to improve after surgery?

Every week the urination will improve. It usually takes a full month to see the maximum benefit from a TURP. However, if some of your preoperative symptoms are due to bladder dysfunction that developed due to many years of prostate obstruction, these bladder changes may take 3-6 months to reverse. There are very rare cases where the bladder so dysfunctional that patients cannot urinate even after a TURP successfully removes the obstruction caused by the prostate.

Question: Do I need to keep taking the medications I took before surgery to help me urinate?

No. You can stop medications such as Flomax, Proscar and Cialis.

Question: When can I return to work?

If you are catheter-free, you should be able to return to work in 4-7 days.

Question: When should I return for a postoperative visit?

You should see your urologist 2-4 weeks after surgery.