

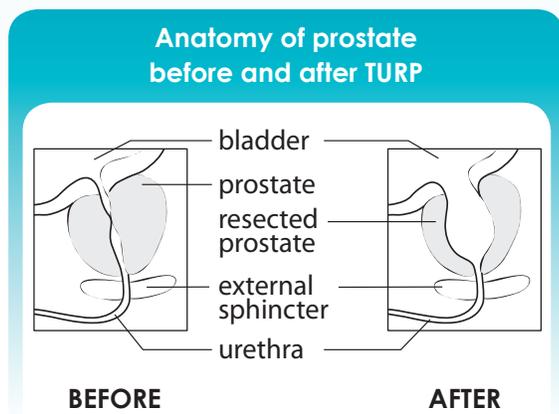


Transurethral resection of the prostate (TURP)

Discharge instructions

Transurethral resection of the prostate has been performed to improve urination.

Your prostate was cored out (Transurethral resection of the prostate or TURP) to allow the bladder to empty more easily and improve your voiding pattern. The entire prostate is not removed by this technique; rather, the urinary channel is widened to improve the flow of urine.



Voiding

Although you should see a significant improvement in your urinary flow immediately, you will likely have increased voiding frequency, urgency and voiding discomfort for several weeks. Your voiding pattern should improve as healing progresses.

Drink plenty of fluids to keep the urine clear unless advised otherwise by your doctor. You may notice some blood in the urine for up to six weeks after your surgery. Rarely, this would require placement of another catheter and possible repeat surgery.

Bowel function

Your normal bowel pattern should return when you resume your usual diet and activity. Avoid straining to have a bowel movement, as this can cause bleeding from the prostate. A non-prescription stool softener, like docusate sodium (Colace™), is often helpful in this regard.

Activity

Gradually resume your usual activities. Avoid straining or heavy lifting (over 10 kg or 20 lb) for about four to six weeks from the date of surgery as these activities can cause bleeding.

Sexual activity can be resumed in three to four weeks. Most men have no change in their ability to have an erection after prostatic resection, but there may be a decrease in the volume of the ejaculate (the fluid expressed at male orgasm) due to backward flow of semen into the bladder at orgasm (retrograde ejaculation).

Hygiene

You may shower or bathe, as usual.

Medications

You may be prescribed medication when you leave the hospital. You should be able to continue with your usual medications. If you have any questions contact your family doctor.

Aspirin, arthritis medications, blood thinners and herbal supplements may all increase the risk of bleeding after surgery. Follow your doctor's instructions with regard to resuming these medications, if applicable.

