

# TURP (Trans-Urethral Resection of Prostate)

Information for patients



Please contact a member of nursing staff at the appropriate day unit if you wish to discuss your operation before your admission to hospital. (Contact numbers can be found at the end of this leaflet)

## **The procedure**

### **T.U.R.P. (Trans-Urethral Resection of Prostate)**

In clinic, the doctor explained that your symptoms are caused by an enlarged prostate gland. S/he will also explain any potential risks or side effects from this operation. The operation you require removes the obstruction from within your prostate. An instrument is passed up through your urethra (water passage) to remove your prostate in small pieces. During the procedure, fluid is passed through the instrument to enable the surgeon to have a clear view.

### **B.N.I. (Bladder Neck Incision)**

In clinic, the surgeon explained that tightening of the bladder neck is a reason for your symptoms. This procedure involves releasing the tight muscle at the exit of the bladder, which will enable you to pass urine more easily.

## Before your operation

If you are having a general anaesthetic, you will have a pre-screening appointment to assess your suitability for day surgery, before you are given a date for your operation. At this appointment the nurse will take details of your:

- Medical history
- Current medication
- Home care arrangements after you have been discharged from hospital.
- You must have somebody to collect you from the hospital and somebody to stay with you 24 hours after your surgery.

Please use this opportunity to ask any questions about your surgery and after-care. Where possible, the nurse will arrange a mutually convenient date for your surgery. S/he will also give you instructions about preparing for your operation, which will include advice about:

- Having a bath or shower before you come to the hospital
- Eating and drinking
- Taking your normal medication, if appropriate

**Note:** Unless advised otherwise, if you normally take aspirin daily you should continue to take it. If you take anticoagulants (blood thinning medication), they should be stopped one week prior to your operation.

- Returning to work after surgery

You may be required to stay overnight on the unit, you may be allowed home on the evening of your surgery.

## On the day of surgery

You should have a bath or shower before you come to hospital.

If you normally wear contact lenses, you will need to remove these before your operation. Please bring your spectacles or an extra pair of contact lenses with you.

Please bring slippers and a dressing gown with you. Valuables and large amounts of money (over £10) must be left at home.

On admission to the unit you will be greeted by a nurse who will check that your details are correct. The surgeon and the anaesthetist (if you are having a general anaesthetic) will talk to you and you will be invited to ask any questions you may have.

A member of staff will escort you, as you walk if you are able to, to the operating theatre.

## Following your operation

You will be transferred to the ward area where nurses will continue to monitor your condition.

Occasionally, patients may have to be transferred to the urology ward, following their operation. This is a precaution and the nursing staff will ensure that you and your relatives are kept fully informed should this be necessary.

At the end of the operation, the surgeon may insert a catheter, which is a small bore tube, through the urethra into the bladder. This will allow fluid to be continuously dripped into your bladder to ensure blood does not collect and clot, which could cause an obstruction. Depending on the colour of the urine draining from the bladder, the catheter may be removed the following morning or left in, when you go home.

The nursing staff will ensure you are fully prepared, if you have to be discharged home with a catheter. The catheter will need to stay in for at least two days and then you will return to the Day Unit or urology department, where the catheter will be removed and a check made to ensure that you are able to pass urine satisfactorily.

If you feel any discomfort, please inform the nurse looking after you, so that pain relief can be given.

You will need to have something to eat and drink, before you can go home.

## Care at home

You may feel some discomfort when you pass urine for the next 12-24 hours. Your urine may also be slightly blood stained. If you drink plenty of fluid, any discomfort or discoloration should decrease with time.

You may need up to two weeks off work and should not do any heavy lifting for 7-10 days.

Following this procedure you will have to return to the hospital for further bladder inspections on a regular basis, so that the surgeon can ensure the lesions do not occur.

## Possible complications

Your surgeon will discuss these with you, and they include:

### Minor

- Bladder infection

### Moderately Severe

- Inability to pass urine after surgery
- Damage to the urethra (urinary opening) or surrounding skin

### Major

- Significant blood loss

### Please contact your GP, if you:

- Develop a temperature
- Pass fresh blood or clots
- Are unable to pass urine
- Have prolonged or severe pain

If necessary, you should attend the Accident & Emergency department at your local hospital.

**If you have any problems or cause for concern please contact:**

**Your General Practitioner**

**The relevant Day Unit:**

David Beevers Day Unit, St James's Hospital: **0113 206 5786**  
(Monday 8:00am - Saturday 12 noon inclusive)

**Further information is available from our website:**

<https://www.leedsth.nhs.uk/a-z-of-services/day-case-surgery/>



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