

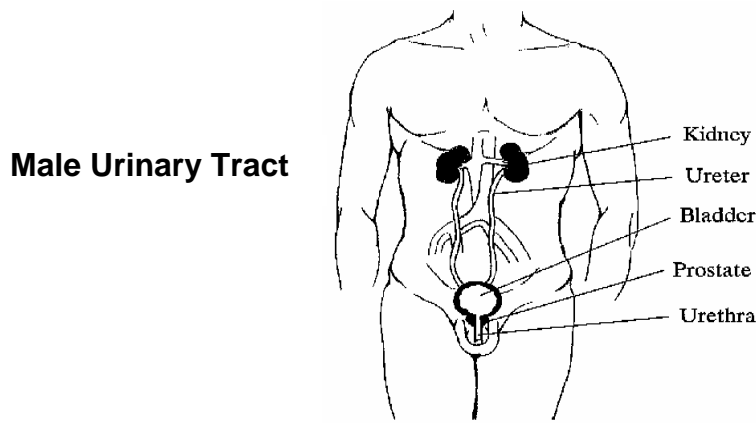
PATIENT INFORMATION

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Transurethral Resection of the Prostate (TURP)

What is a TURP?

The prostate is a small firm gland that surrounds the first inch or so of your urethra as it leaves your bladder. The urethra is the tube that carries urine from your bladder through your penis. If there is an overgrowth of your prostate gland, it presses on your urethra and can cut off or block your urine (water) flow.



In a TURP, your doctor uses a small tube that is put in through your urethra (in your penis) and passed up to your prostate gland. Excess prostate tissue is trimmed away.

You will not have an incision that you can see but will have a raw place inside your body that will take about six weeks to heal.

What about sex after surgery?

Do not have sexual intercourse until your doctor says it is okay to do so.

What about controlling my urine (water)?

You may have trouble controlling your urine (water) after surgery. This is usually temporary. Your nurse or doctor can tell you about exercises that you can do to help if this is a problem.

Where is the TURP surgery done and how long will it take?

The TURP is done in the operating room of the hospital. This surgery usually lasts from 30 minutes to one and a half hours depending on the size of your prostate gland. This does not include the time going to surgery, getting you ready for surgery or the time spent in the Recovery Room after surgery. You can expect to be gone from your room from two to four hours.

What should I do before surgery?

- ◆ Your doctor will talk with you about the surgery including the risks and benefits. You will be asked to sign a consent form giving your doctor permission to do the surgery.
- ◆ Do not eat or drink anything after midnight the night before your surgery.
- ◆ Please do not chew gum (this increases the level of acid in your stomach).
- ◆ You may brush your teeth and rinse your mouth as long as you do not swallow any water.
- ◆ If you take medicine for your heart or blood pressure you may take this with a small sip of water before you come to the hospital. If you are taking medicine and/or insulin for diabetes you need to ask your doctor if you should take this.
- ◆ **Bring any medicine that you take with you to the hospital.**
- ◆ Remove all jewelry including body piercings.
- ◆ Do not bring valuables or large amounts of money with you to the hospital.
- ◆ Have a responsible adult drive you to the hospital and stay during your surgery.
- ◆ You will wear elastic stockings to keep your blood from pooling in your legs and causing clots. These stockings will be worn after surgery until you are up and about.

What should I expect right before surgery?

- ◆ You will be asked to remove all clothing including underwear and put on a hospital gown.
- ◆ You will be asked to remove all jewelry, glasses, contact lens, dentures, and hearing aids. Give these to your family to keep for you.
- ◆ You will be taken to the Pre-Anesthesia unit (PAU) or to surgery by stretcher.
- ◆ You will have an IV started. You may be given medicine to make you drowsy. (Sometimes this medicine is given before you leave your room).
- ◆ Someone from anesthesia (the person who will put you to sleep for the surgery) will come to talk with you before the surgery. He or she will ask you a lot of questions about your health history. This surgery may be done under general anesthesia (where you are in a deep sleep) or you may have a spinal block in which medicine is given into your back to numb you from the waist down. Your doctor will talk with you about the type of anesthesia that will be used.
- ◆ Have your family stay in your room during surgery. The doctor will call them as soon as your surgery is over and let them know how the surgery went.

What should I expect right after surgery?

After surgery you will be taken to the Post-Anesthesia Care Unit (PACU) on to wake-up from your surgery. The nurse will be checking your blood pressure and heart rate often. All patients are connected to a heart monitor in PACU. You will stay in PACU until you begin to wake up. Then you will go back to your room.

A catheter will have been put in to drain your urine. Your nurse will check your catheter for bleeding.

What will happen when I return to my room?

- ◆ You will be able to drink as soon as you are wide-awake and not nauseated. Your nurse will tell you when you can have food. Your IV will be removed when you are eating and drinking without nausea.
- ◆ Your nurse will check your blood pressure, temperature, and pulse often (even during the night) for the first 48 hours after surgery.
- ◆ You will be asked to turn, cough, and take deep breaths every two hours. This is very important because it helps to keep your lungs free of congestion and helps your circulation.
- ◆ You will have a catheter in your bladder to drain your urine. Connected to part of the catheter will be a bag of fluid to flush out the catheter so it doesn't get plugged with blood clots. Your urine will be bloody and may have small blood clots in it. Your nurse will check your tube often to make sure it is draining. A catheter is left in until your urine is clear. This is usually about one to two days after surgery.
- ◆ Ask your nurse for medicine for pain if you need it.
- ◆ Your nurse or doctor will tell you when you can be out of bed. Your nurse will help you the first few times that you need to get up. **Do not try to get out of bed without help.**

What do I need to do when I get home?

- You may be sent home with your catheter. If you are, you will be shown how to care for it at home.
- Do not lift anything heavier than a five-pound bag of potatoes. Do not strain. Ask your doctor what to do if you have a problem with constipation.
- Do not drive until your doctor tells you. This is usually about two weeks.
- You should not have sexual intercourse for about six weeks.
- You will need to see your doctor in about two weeks.
- Call the doctor if you have a temperature over 100.5° twice.
- Call the doctor if you have bright red bleeding when you urinate or if you have problems urinating (making water).
- Your nurse in the hospital will give you other instructions to follow that are specific for you. Be sure to follow all instructions given.

If you have any questions, write them down here so that you will remember to ask your doctor or nurse: _____
