

## TRANSURETHRAL RESECTION OF PROSTATE (TURP)

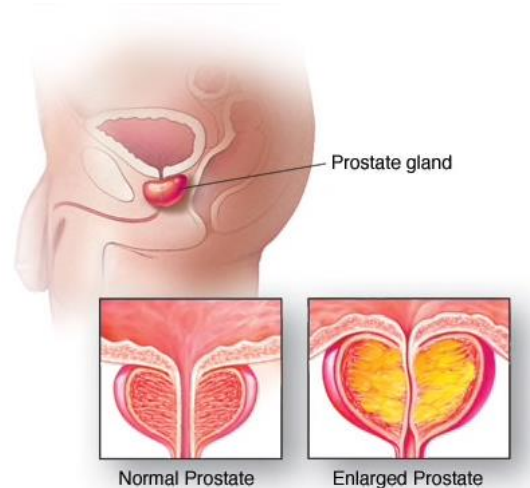
*You have been placed on the waiting list to undergo an operation to treat enlargement of the prostate gland. If you have any questions please contact our Urology Nurse, Kate Green, on (03) 9769 4805.*

### Why has my prostate enlarged?

As men get older the cells in the prostate increase in number. This is not cancerous but can make it difficult to pass urine. You may notice a weaker stream or having to strain to pass urine.

### What is a TURP?

A TURP is an operation to shave back some of the prostate tissue that is squeezing your urethra, making it difficult to urinate. The urologist uses a camera and a special tube down the eye of the penis to pass a wire loop to the prostate. The loop is used to shave back overgrown prostate tissue under vision.



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### Prior to your surgery

You will be required to complete a COVID swab within five days of your operation. Your operation will only proceed if your swab is negative and you have no symptoms of cough or fever. You will be required to have a urine test.

You will be notified when to stop eating and drinking and what time you should present to the hospital. If you are on blood thinners, you will be notified when to cease these tablets. Please continue to take all your regular medications unless you are told otherwise and bring them to the hospital with you. You will be in hospital for at least two nights.

When you arrive at the hospital, present to the preadmission area. You will be asked to complete a number of forms and any necessary tests.

### Asking your permission

On the day of your surgery your surgeon will again discuss the procedures and the risks with you and ask you to sign a consent form.

### On the day of your surgery

You will meet your anaesthetist prior to your operation. They will discuss with you general and spinal anaesthetic. Do not eat, drink or smoke anything for six hours prior to your operation. You may sip water up to two hours prior to your appointment. *If you eat or drink or chew gum your surgery will be cancelled.*

You will be given a hospital gown and anti-thrombus stockings.

**During your surgery**

You will not feel any pain. The surgeon will shave away prostate tissue through a tube in the urethra. The pieces of prostate tissue are sent to a laboratory to check for abnormal cells. The operation takes 60-90 minutes. At the end the surgeon inserts a tube into the bladder called a catheter and salty water (saline) is used to flush out any blood in the urine through the catheter.

**After the surgery**

You may eat and drink after your surgery. The catheter will remain in the bladder for two nights. You may have some bladder discomfort from the catheter. You may notice some urine leaks around the catheter. If you experience any spasms please let your nurse know.

When your urine is clear, the catheter will be removed. You will be asked to drink one jug of water. After you pass urine three times, the nurse will scan your bladder to make sure you are emptying your bladder. If you can not pass urine after the catheter has been removed, a new catheter is inserted and arrangements are made for you to have the catheter removed with Kate Green 1-2 weeks later. You will be taught how to care for the catheter before going home.

**What will happen at home?**

After the surgery you may experience burning or a sense of urgency before passing urine. This is normal and will pass as a scab forms where the prostate tissue was trimmed.

You may notice blood in your urine for a few weeks. If you have heavy bleeding or are passing clots please contact Kate Green for advice. 10% of men have a bleed 2 weeks after their surgery, when the scab formed on the prostate falls off. If this happens, drink a few glasses of water and monitor the colour of your urine. If it does not lighten, please notify our nurse.

**When will I have a follow up appointment?**

You will see your surgeon four weeks after your operation. At this time he will go through the results of the prostate tissue sent to the lab. Some of the tests you had before your surgery such as a flow rate may be repeated at the rooms.

**When can I go back to normal activities?**

Sex: after four weeks.

Heavy lifting: do not lift anything heavier than a kettle for two weeks after your surgery.

Driving: you should only drive when you are able to comfortably perform an emergency stop. You should check with your insurance company to make sure you are covered to drive again.

**For further information please contact the rooms at any time.**