



Post-operative care following TURP

What to expect after your TURP (Reboring prostate, Transurethral resection of prostate)?

- You will be in the hospital for 2 nights with a bladder catheter to wash out your bladder.
- You will usually go home after 2 nights and without a catheter.
- Once the catheter is removed, the nurses on the ward will ensure you can sufficiently empty your bladder prior to discharge
- You may experience a burning sensation when you urinate over the next 2-3 weeks (sometimes longer).
- It is normal to see a small amount of blood intermittently in your urine over the next 4-6 weeks.
- Most men will feel back to normal in 1-2 weeks.
- Some men may initially go to the toilet more than usual for the next 1-2 weeks, possibly lasting up to 6 weeks.
- Avoid sexual activity for about 4 weeks.
- You may notice there is less volume or no ejaculate when you climax.
- Most men experience improvement in urine flow straight away, although some take slightly longer to recover.
- It is not uncommon to experience increased urinary frequency and urgency for a few months.

What you can do to help with your recovery?

- Drink at 8-10 glasses of water every day for the 2-3 days after you go home. This will help you flush your bladder and reduce the risk of bleeding, clots from forming in your bladder and infection.
- To avoid waking up to go to the bathroom at night, try reducing your fluid intake 2-3 hours before bed
- Avoid heavy lifting more than 10kg over the next 2 weeks.
- Avoid bike riding, jogging, or strenuous exercise over the next 4 weeks.

When should you contact my rooms?

- When you have bleeding for more than a 24-hour period, or the bleeding is not improving with drinking more fluids
- When you see large blood clots in your urine
- Unable to urinate
- Having fever, chills or rigors
- Any other problems or concerns

Further information:

If you have any concerns or questions, please contact as below:

- Urology nurse: 03 8415 1915 (during business hours)
- Ward 1 East, Epworth Freemason hospital: 03 9483 3602
- Your surgeon: (contact details on card)