

Frequently asked questions

- Q. How long does a TURBT take?
- A. No longer than 1 hour.
- Q. How long should it take me to recover from TURBT? When will I be able to resume normal activity?
- A. You should rest for the first 5-7 days in order to allow the bladder to heal. You should not do any rigorous activity or exercise— if you do, this will highly increase your risk of bleeding.
- Q. What is the risk of infection or injury to the bladder?
- A. There is less than a 10% risk of infection or injury to the bladder, and both are easily correctable.
- Q. Do I have to stay over in the hospital?
- A. Typically, you do not need to stay overnight after your TURBT.
- Q. Will I go home with a catheter?
- A. Most patients do not need a catheter after the procedure. However, if you are unable to urinate after the TURBT, then a catheter will stay in.
- Q. How much bleeding is normal after the TURBT?
- A. Your urine will vary in color after the TURBT. Anything from dark red to light pink can be expected but should gradually clear as time goes on.

Notes



Transurethral Resection of Bladder Tumor (TURBT)

What is a TURBT?

A procedure used to diagnose and treat visible bladder cancer tumors. Your surgeon will use special instruments attached to a cystoscope to cut the tumor and remove it with an electrical cautery device or laser.

This procedure is done in the operating room, but most patients go home the same day. However, some patients may have to stay in the hospital overnight because of a medical condition or the extent of the tumor resection.

Preparing for your TURBT

- Stop taking aspirin, ibuprofen, or naproxen for **1 week before surgery**. These may cause bleeding.
- You will be scheduled for a **pre-operative appointment about 2 weeks** before your surgery to clear you for anesthesia.
- We will put in an order for you to get a urine culture. Please have this done at any MGB lab at least **1 week before** your procedure.
- Stop blood-thinning medications **7 days before** the procedure. Blood-thinners are medications such as Coumadin (warfarin), Eliquis, Lovenox, Plavix, etc. **Talk to your cardiologist before stopping blood-thinning medications.**
- **After midnight on the night before surgery, you may not eat any solid foods**, including candy, chewing gum, cough drops or mints.
- After midnight on the night before surgery, you can **drink clear liquids only**. Examples include water, black coffee, clear tea, apple juice, cranberry juice, and sports drinks. You **cannot** put milk in your coffee or tea, drink juices that contain pulp, or have any types of broth.

- If your doctor told you to take your **medications** on the day of surgery, you may take them with a small sip of water.
- **Make sure you plan for a family member or friend to drive you home after the procedure.**

What to expect

The TURBT procedure usually takes no longer than 1 hour. You will be put under anesthesia before the surgery. This means you will be deeply asleep and will not feel anything during the procedure.

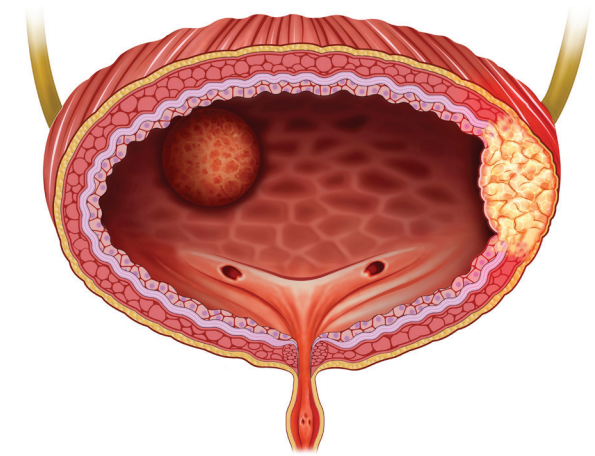
Your doctor will enter a resectoscope through your urethra into the bladder. At the end of the scope there is a small, electrified loop of wire which is moved back and forth through the tumor to cut and remove the tissue. This electricity is also used to seal off bleeding vessels and control bleeding. Your surgeon will not make any cuts (incisions) on the outside of your body.

Once the procedure is over, you will be brought to the PACU (Post-Anesthesia Care Unit) to allow the anesthetic to wear off. You will be encouraged to drink plenty of water to flush out your bladder.

After your TURBT

- **Bleeding is very common and expected after the procedure. Do not be alarmed if the blood turns your urine bright red.**
- Plan to rest for a few days after your TURBT.

You may have a catheter left in your bladder after the procedure to allow your bladder to empty and heal. This may need to be kept in for several days if bleeding continues. If you are sent home with a catheter, make sure you understand how to use it and when it should be removed.



Pathology results

You will receive your pathology results in **1-2 weeks**. The pathology results will tell you the type of bladder cancer and the depth of invasion into the bladder wall, if any. Your doctor will discuss these results with you.

Post procedure symptoms

These symptoms are **normal** after your procedure:

- Leakage
- Painful, burning urination
- Bladder irritation
- Frequent urination
- Bladder spasms
- Blood in the urine and blood clots can continue for a few weeks

These symptoms are **abnormal**—please call the Urology Clinic if you have any of the following symptoms:

- Inability to pass urine
- Large blood clots in your urine (the size of a quarter or larger)
- Fever above 101° F and/or chills
- Nausea and vomiting