

## Frequently asked questions

- Q. How soon after having a TURP will I notice an improvement in my urinary symptoms?
- A. Most men experience a significantly stronger urine flow within a few days.
- Q. What are some of the risks associated with TURP?
- A. You may experience a urinary tract infection, or recurring UTI's after surgery. It is also common for men to experience dry orgasm, which does not affect sexual pleasure, but can interfere with your ability to father a child. Talk to your doctor to learn about all of the risks that may occur with this surgery.
- Q. How long should it take me to recover from the TURP?
- A. A typical recovery takes about 4 to 6 weeks. In this time, you should not do any strenuous activity.
- Q. What can I do to make my recovery process better?
- A. There are a few things you can do to improve your recovery. Drinking more fluids will help your bladder recover and may help some urinary symptoms. Eating fiber-filled foods or taking a stool softener may also help avoid straining during bowel movements. Be sure to rest and allow your body time to heal.

## Notes



# Transurethral Resection of the Prostate (TURP)

## What is a TURP?

A procedure used to treat the symptoms of Benign Prostatic Hyperplasia (BPH), or an enlarged prostate. The surgery will remove small parts of the prostate that block urine flow. Your surgeon will not make any cuts (incisions) on the outside of your body.

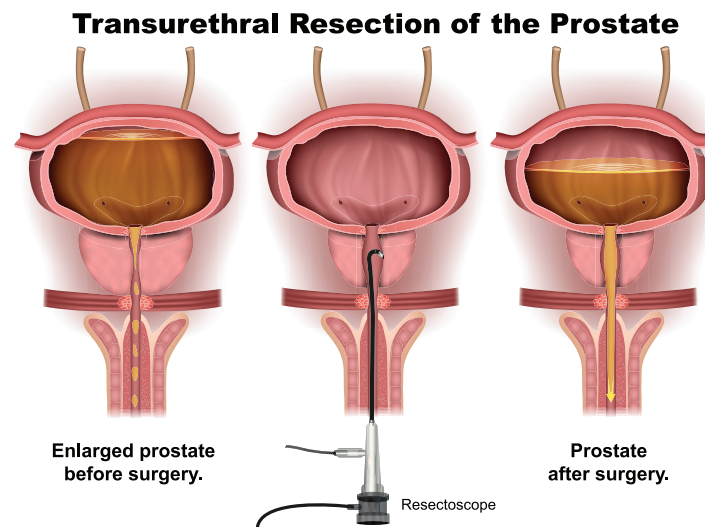
This procedure is done in the operating room, and most patients usually stay overnight in the hospital.

## Preparing for your TURP

- Stop taking aspirin, ibuprofen, or naproxen **for 1 week before surgery**. These may cause bleeding.
- You will be scheduled for a **pre-operative appointment 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 Partners 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, cran-berry 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.

## What to expect

- The TURP procedure usually takes **60-90 minutes**. 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 insert a resectoscope through your urethra into the bladder. At the end of the scope there is a small, electrified loop of wire which is used to trim and remove small pieces from your prostate. The removed tissue will flush into the bladder and then out of the body through the resectoscope. A **catheter** will be placed in the bladder through the penis to help drain the bladder.
- Once the procedure is over, you will be brought to the **PACU** (Post-Anesthesia Care Unit) to allow the anesthetic to wear off. Often patients will stay **overnight** in the hospital after the TURP procedure.
- **Make sure you plan for a family member or friend to drive you home after the procedure.**



## After your TURP

- You will have a catheter inserted into your penis to remove urine out of your bladder. The catheter is usually removed the next day.
- You should avoid strenuous activity and heavy lifting for 4-6 weeks after surgery.
- **Do not have sexual intercourse for 4-6 weeks.**
- Increase fluid intake and eat fiber-filled foods after surgery. This will help to avoid straining during a bowel movement.

## Post procedure symptoms

These symptoms are **normal for 24-48 hours** after your procedure:

- Small amounts of blood in your urine (light pink urine)— intermittent blood is normal for 6-8 weeks
- Urgency and frequency
- Pain with urination—this may last for up to 6-8 weeks

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

- Trouble urinating
- Trouble controlling your bladder
- Changes in your urine output, color, or odor
- Increasing blood or clots in your urine (dark red clots the size of a quarter or larger)
- Fever above 101° F and/or chills