

Transurethral Resection of Bladder Tumor (TURBT) Guide

Welcome

This brochure is for patients undergoing a Transurethral Resection of Bladder Tumor (TURBT). It provides key information to help you understand the procedure, prepare for surgery, and care for yourself after.

What Is TURBT?

TURBT is a surgical procedure that removes tumors from the bladder using a resectoscope inserted through the urethra. It is used to diagnose and treat bladder cancer, particularly when it hasn't spread into the muscle layer.

Why TURBT?

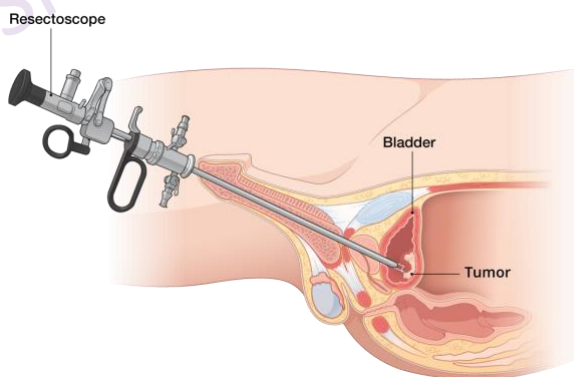
- Diagnoses bladder tumors
- Removes visible growths
- Collects tissue for biopsy

Preparing for Surgery

- Pre-assessment: You may have to undergo blood tests, imaging scans, or urine tests.
- Medication: Let your doctor know about all medicines. You may need to stop blood thinners.
- Fasting: Don't eat or drink for 6 hours before surgery.

On the Day – What to Bring to Hospital

- Identification and insurance information
- List of medications
- Comfortable clothing
- Personal hygiene items



During the Procedure

- Takes 30-60 minutes
- Anesthesia: TURBT is typically performed under spinal or general anesthesia, ensuring you are comfortable and pain-free throughout the procedure
- A thin scope is used to remove tumors from inside the bladder. There is no skin cut involved
- Tissue is sent for biopsy
- A catheter may be placed to help drain urine

After the Surgery

- You will be monitored in the recovery room for a few hours after surgery.

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- A **catheter** will be placed in your bladder to drain urine and any blood or clots that may be present after surgery. This will typically remain in place for 1 to 2 days, depending on your recovery.
- You may experience some discomfort, including mild pain or bleeding, which is normal during the initial recovery phase.
- You may stay for 1-2 days. You may notice pink/red urine.

Managing Pain and Discomfort

- **Pain Relief:** You may experience mild to moderate discomfort after the procedure. Pain relievers such as acetaminophen (Paracetamol) or ibuprofen may be recommended. In some cases, stronger medications might be prescribed.
- **Bladder Irrigation:** You may experience frequent urges to urinate or feel like your bladder is not emptying completely. This is normal as your body heals.
- **Blood in Urine:** It is common to have some blood in your urine after the procedure. The blood should gradually decrease over a few days to weeks.

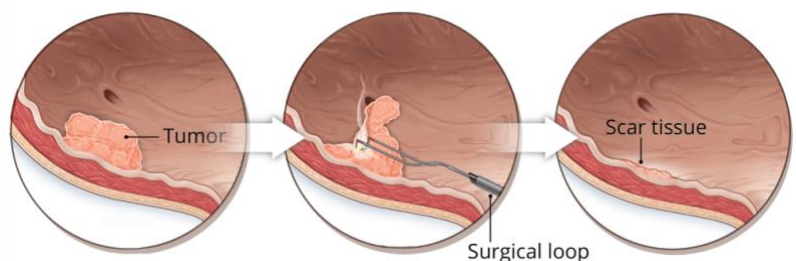
At Home

- **Rest:** Resting for the first few days is important. Gradually increase your activities as tolerated, but avoid strenuous exercise, heavy lifting, and sexual activity until your doctor gives you the go-ahead (usually 4-6 weeks).
- **Hydration:** Drink plenty of fluids to help flush your system and keep the urine flowing smoothly. It also helps reduce the risk of infection.
- **Catheter Care:** If you go home with a catheter, follow your doctor's instructions on how to care for it. Typically, it will be removed after a few days.
- **Diet:** Eating a healthy, balanced diet will help your body recover. Avoid alcohol, spicy foods, and caffeinated beverages, which may irritate the bladder.

When to Contact Us

Call if you notice:

- Heavy bleeding or clots
- Fever or chills
- Pain or burning with urination
- Difficulty urinating



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Follow-Up Care

- Biopsy results are available in 5-7 days
 - Further treatment may include intravesical therapy or repeat TURBT
 - Regular bladder check-ups (cystoscopy) are required in follow-up
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Frequently Asked Questions (FAQs)

? 1. Is TURBT a major surgery?

No, TURBT is considered a minimally invasive procedure. It is done through the urethra without external incisions, and most patients can go home the same day or after a short hospital stay.

? 2. Will I be in pain after the surgery?

Some mild discomfort, burning during urination, or bladder spasms are common for a few days. Pain is usually well managed with medication and improves quickly.

? 3. How long does it take to recover?

Most people return to normal activities within 1–2 weeks. Heavy lifting and strenuous activities should be avoided for about 2 weeks to allow the bladder to heal.

? 4. Will I need further treatment after TURBT?

That depends on the biopsy results. Some tumors may require additional treatments like repeat TURBT or bladder instillations (e.g., BCG therapy) to prevent recurrence.

Conclusion

Thank you for taking the time to read through this information. TURBT is a safe and effective procedure for initial management of bladder tumors. It is important to follow all pre-and post-operative instructions to ensure the best possible outcome. If you have any further questions, don't hesitate to reach out to your healthcare provider.

We wish you a smooth recovery!

For emergency, call your doctor or visit the hospital emergency

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