

WELCOME TO YOUR TURP SURGERY INFORMATION GUIDE

This booklet is designed to provide you with important information about the procedure known as **Transurethral Resection of Prostate (TURP)**. We want you to feel well-informed and confident as you prepare for surgery and recover afterward.

What is TURP?

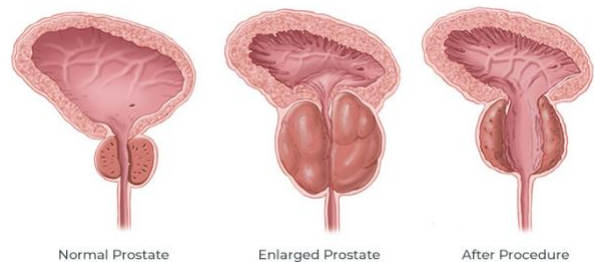
Transurethral Resection of the Prostate (TURP) is a surgical procedure used to treat benign prostatic hyperplasia (BPH), a condition where the prostate gland becomes enlarged, causing urinary difficulties. TURP involves the removal of part of the prostate tissue through the urethra (the tube that carries urine from the bladder).

Why is TURP Performed?

TURP is commonly used for men who suffer from symptoms of BPH, including:

- Difficulty starting urination
- Weak or interrupted urine flow
- Frequent urination, especially at night
- Urgent need to urinate
- Inability to empty the bladder completely

If other treatments for BPH have not been effective or the symptoms are causing significant discomfort or complications (urinary retention i.e. inability to urinate, recurrent urinary tract infections, bladder stones, kidney damage due to prostate enlargement), TURP may be recommended.



Preparing for Surgery

Preoperative Instructions

- **Medical Evaluation:** You may need blood tests, urine tests, and imaging studies.
- **Medication Adjustments:** Inform your doctor about any medications, especially blood thinners.
- **Fasting:** No food or drink for 6-8 hours before surgery.
- **Hospital Stay:** Expect to stay 1-2 days post-surgery.

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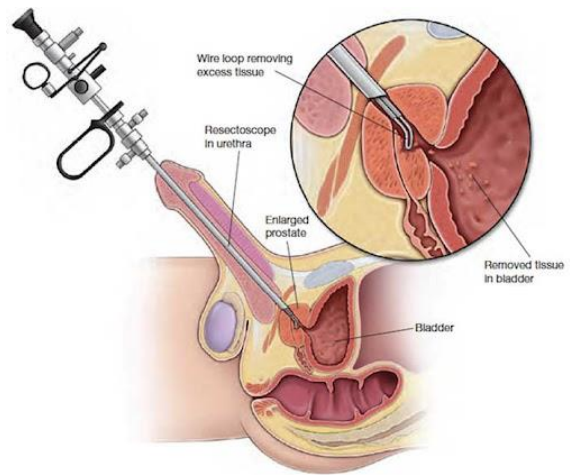
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What to Bring to the Hospital

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

How the procedure is performed

- **Anesthesia:** TURP is typically performed under spinal or general anesthesia, ensuring you are comfortable and pain-free throughout the procedure.
- **Procedure:** A special instrument called a **resectoscope** is inserted through the urethra. The resectoscope has a camera to allow the surgeon to view the prostate and a small cutting loop to remove excess prostate tissue.
- **Duration:** The procedure usually takes 60 to 90 minutes.



After-Surgery: What to Expect

Recovery in the Hospital:

- You will be monitored in the recovery room for a few hours after surgery.
- 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, swelling, or bleeding, which is normal during the initial recovery phase.

Staying in the Hospital:

- Most patients stay in the hospital for 1 to 2 days after the procedure.
- During your stay, the medical team will manage your pain, help with catheter care, and monitor your overall recovery.

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.

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Post-Operative Care and Lifestyle Adjustments

At Home Recovery:

- **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.

Follow-Up Appointments:

- After your discharge, you will have follow-up appointments with your urologist to monitor your recovery and ensure there are no complications. These appointments may include checking your urine flow and prostate health. The biopsy report of your prostate (sent during surgery) will also be checked and discussed with you.

Expected Outcomes and Long-Term Outlook

Most men experience significant improvement in their urinary symptoms after TURP. In the months following surgery, you should notice:

- Easier urination
- Reduced frequency and urgency
- Improved quality of life

While TURP does not cure BPH or prevent the prostate from continuing to enlarge, it is highly effective at relieving symptoms and improving bladder function.

Possible Risks and Complications

While TURP is generally safe, all surgeries carry some risk. Possible complications include:

- **Blood in urine** (some bleeding is normal after TURP, but excessive bleeding may require further treatment)
- **Infection**
- **Urinary incontinence** (rare and usually temporary)
- **Erectile Dysfunction** (rare)
- **Retrograde ejaculation** (semen flows into the bladder instead of out)

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When to Seek Medical Help

Contact your doctor if you experience:

- Persistent or heavy bleeding in urine
 - Inability to urinate after catheter removal
 - Severe pain unrelieved by medication
 - Fever or chills
-

Frequently Asked Questions (FAQs)

Will TURP affect sexual function?

Most men do not experience major sexual dysfunction, but retrograde ejaculation is common.

How long does it take to recover?

Most men resume normal activities within 4-6 weeks.

Will I need a second TURP in the future?

While TURP provides long-lasting relief, some men may require additional treatment later in life (usually 15-20 years later).

Conclusion

Thank you for taking the time to read through this information. TURP is a safe and effective procedure for relieving symptoms of BPH, and most patients experience significant improvement after surgery. 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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