

◆ When you are walking be very sure to carry the urine collection bag below your waist so there will be no back flow of urine into your bladder.

◆ When the catheter is removed, continue to save the urine you pass in the urinal provided. Remember it may take some time to gain control of your urine and some dribbling is common for a day or two.

◆ You may notice a small amount of blood in your urine both in the hospital and even after you go home. Please discuss this with your health care provider.

◆ **ASK YOUR DOCTOR ABOUT**

◆ Use of alcohol

◆ Frequency of urination

◆ Lifting

◆ Driving a car or riding a bike

◆ Resuming sexual activity

◆ **IN SUMMARY**

◆ Drink a lot of water.

◆ Keep your penis clean.

◆ Continue voiding. Do not hold your urine. You may dribble.

◆ If you have problems, especially excessive bleeding, contact your doctor right away.

◆ **QUESTIONS FOR MY DOCTOR**

**Additional health information
is available through the
MGH Health Information Center
(906) 225-4950
or 1-800-562-9753, ext. 4950.**

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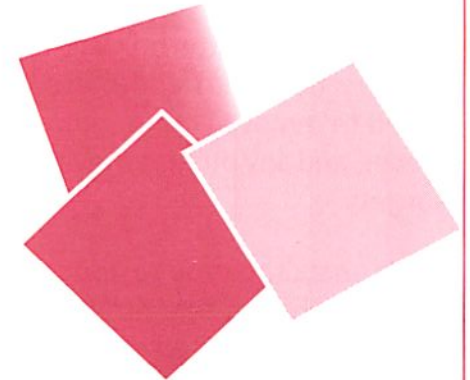
PAMPHLET

HEALTH INFORMATION

UNDERSTANDING

YOUR

T.U.R.P.



MGH MARQUETTE GENERAL HEALTH SYSTEM



◆ This pamphlet has been written by the health care professionals of Marquette General Health System to help you prepare for your T.U.R.P.

◆ A T.U.R.P. is a transurethral resection of the prostate. Sometimes the prostate gland becomes enlarged and creates an obstruction to the flow of urine from the bladder. The enlarged parts of this gland are removed during a T.U.R.P. The length of time you stay in surgery depends on the size and position of the enlarged prostate.

◆ Please remember that you are not to eat or drink anything after midnight or until your surgery has been completed. You will be asked to remove your dentures, glasses, hair pieces, and any other removable parts before surgery.

◆ We encourage you to discuss the following with your health care provider:

- surgery
- postoperative care
- discharge instructions

◆ **YOUR SURGERY**

◆ An intravenous line (IV) will be started in order to provide extra fluids during your surgery.

◆ A foley catheter will be placed into your bladder while you are in the operating room. This is a small hollow tube that will drain urine from your bladder into a urine collection bag. The foley catheter has a small balloon at the end which is inflated and will hold the catheter in place. This will prevent it from falling out when you stand.

◆ **IMMEDIATELY AFTER SURGERY (Post-op)**

◆ When your surgery is complete, you will be taken to the recovery room. The nurses there will observe and take care of you until you can go back to your hospital room.

◆ You may have some lower back pain. This may be caused by your position on the operating table. You may also have a cramping feeling in your lower stomach. When this happens, urine mixed with a small amount of blood and some clots may soil your bed or gown. Please inform your nurse of any discomfort or pain you may have.

◆ Pain you have following your surgery can be relieved. Please review the pain control portion of the **Surgical Preparation** booklet. Be sure to tell your doctors and nurses when you have pain.

◆ **RECOVERY PERIOD**

◆ You will have a solution of salt water running into your bladder to flush out blood clots and to keep the catheter open. The nurse will monitor this and will empty the catheter bag as needed. If you feel a full feeling in your bladder, tell your nurse.

◆ You should wash your penis and the area around the catheter with water every day. Your nurse will show you how to do this. It is important that you keep yourself clean.

◆ You should drink at least 3 quarts of liquid a day in addition to the fluids on your food tray. After you go home you should continue to drink plenty of fluids daily until your urine is a clear yellow and free of blood. This will help flush out your kidneys and bladder. Try to avoid drinking large amounts of fluid in the evening.