

Going home after having transurethral removal of the prostate (TURP)

This information is for men going home from hospital after having an operation to remove some of the prostate gland. This type of surgery is called transurethral prostate surgery (although you may hear it called TURP or holmium laser). The leaflet provides information about your recovery for the first few weeks after your operation. If you have any questions or concerns, please do not hesitate to speak to a doctor or nurse caring for you.

What happens before I go home?

Before you are discharged from the ward you should have:

- ☐ an appointment to see your consultant or the urology nurse specialist for a check-up in eight to 12 weeks time
- ☐ our information leaflet **Pelvic floor exercises for men**
- ☐ some continence pads to take home.

Will I be in pain?

You may experience a mild burning sensation after the catheter is removed following your surgery. This is quite normal. However if it persists beyond two weeks or becomes worse please contact your GP as you may have a urinary infection.

You will be given some painkillers to take home with you, usually paracetamol and/or ibuprofen. You should take these regularly as prescribed if needed and discontinue once pain has eased.

What should I expect when my catheter is removed?

Your catheter will be removed before you go home. Once it has been taken out you may have some of the following symptoms:

- the need to pass urine often (less than every two hours)
- a burning sensation when you pass urine
- the urgent need to pass urine
- you may not be able to reach the toilet in time and may leak urine
- you may pass blood in your urine (see page 2 for advice on how to deal with this)
- you may have difficulty controlling your urine
- around 10–14 days after surgery you may have a 24 hour period of heavy bleeding, which may include passing pieces of prostate tissue in your urine (see page 2 for advice on how to deal with this). If the heavy bleeding lasts more than 24 hours, contact the nurse specialist using the details on the back page.

There is blood in my urine, is this normal?

It is normal to observe some pink or rusty coloured blood in your urine after your operation. If the blood is bright red and continues for longer than 48 hours, please call the ward for advice.

- Make sure that you drink plenty of water. You should aim to drink two litres of water a day.
- Try to avoid lifting or straining to pass bowel movements as this may make bleeding worse.

It's 10–14 days since my operation and I'm passing debris in my urine, why is this?

It is quite normal to pass little pieces of prostate tissue and clots of blood after the operation. Around 10–14 days after the operation the scab which has formed over the prostate will fall away and you will pass this in your urine.

Do not worry. Make sure that you drink plenty of water. You should aim to drink 2 litres of water a day.

I am constipated. What should I do?

This can happen because of your altered diet and your decreased mobility whilst in hospital. You should avoid straining to pass bowel motions as this may hurt or cause bleeding. However it may take up to seven days for your bowels to get completely back to normal. You can reduce the symptoms of constipation by:

- drinking plenty of water
- eating food that is high in fibre such as fruit, vegetables and brown bread and rice and bran based cereals
- taking laxatives if necessary, for example senna or lactulose. You can buy these from your local pharmacist.

When can I return to normal activities?

You can return to work (if it involves no heavy lifting), and carry out normal household chores (such as shopping) when you feel up to it. For other chores such as heavy lifting and gardening you will need to wait for two weeks. You can drive (check with your insurance company) and fly again after seven days unless otherwise directed by your doctor or specialist nurse.

When should I start my pelvic floor exercises?

These are exercises to help you regain control of your bladder. You should start these **on the day you return home.**

How much exercise should I be doing?

You gradually build up to your normal level of activity in the weeks following your surgery. It is important to exercise daily and not to remain lying or sitting for long periods of time. You should avoid heavy lifting for two weeks after your operation.

When will I be seen in clinic after my surgery?

You will be seen by a specialist nurse or your consultant team eight to 12 weeks after your surgery. At this visit you will need to repeat some of the investigations you had previously, such as flow rate. Please come to this appointment with a full bladder, as this will reduce the time you spend in clinic. You will be expected to urinate into a special machine that will measure how good your flow of urine is since the operation and a symptom score sheet will be repeated to see the improvement in your symptoms following the surgery.

You will also be given the results of the tissue we have taken.

Contact us

If you have questions when you get home, you can call either your GP or district nurse.

Alternatively you can call the nurse specialists:

Sharon Clovis on 020 7188 7339/07500 814 939 or bleep 1005 or
Elaine Hazell on 020 7188 6783 or bleep 1596

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details. **t:** 020 7188 8815 **fax:** 020 7188 5953

NHS Direct

Offers health information and advice from specially trained nurses over the phone 24 hours a day.

t: 0845 4647 **w:** www.nhsdirect.nhs.uk

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