

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

This information is for men going home from hospital after having a TURP (although you may hear it called holmium laser). This 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 specialist 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 for a check-up in eight to 12 weeks' time
- our information leaflet **Pelvic floor exercises for men**
- some incontinence 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, and it is important that you take your painkillers on a regular basis for the first few days. Taking the medicine regularly will keep it at a constant level in your body, so it will control your pain better. After a few days, you can gradually reduce your medicine until you do not need it any longer. Please contact the hospital or your GP if you find the pain difficult to control.

Always follow the instructions on the packet and never take more than the recommended dose.

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 (details are at the end of this leaflet).

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 heavy 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 two to two and a half litres of water on that day.

I am constipated. What should I do?

This can happen because of your altered diet and your decreased mobility while in hospital. You should avoid straining to pass bowel motions as this may hurt or cause bleeding, but 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 – you can buy these from your local pharmacist.

When can I return to normal activities?

Do not lift anything heavy, such as a bag of shopping or a vacuum cleaner until two weeks after your surgery.

You can return to work as soon as you feel able. However, if your work involves heavy, manual labour or lifting, you will need to wait two weeks. Your GP can give you a medical certificate (Med3) if needed.

Driving

You should only drive again when you are free of pain and able to perform an emergency stop comfortably. You should check with your insurance company to make sure you are covered to start driving again as they may refuse to meet a claim if they feel you have driven too soon.

If you are taking painkillers please check with a pharmacist whether it is safe for you to drive. If you are not sure about when to resume driving, please visit your GP to check your progress.

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 **if you are leaking urine**.

How much exercise should I be doing?

You can 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 surgery.

When will I be seen in clinic after my surgery?

You will be seen by the surgeon who operated on you eight to 12 weeks after your surgery. At this visit you will need to repeat some of the tests you had before surgery, such as flow rate (please come to this appointment with a full bladder, as this will reduce the time you spend in clinic), and a symptom score sheet will be repeated to see the improvement in your symptoms following the surgery.

You will also be given the histology (examination of tissue and cells) results then, which will show whether the tissue removed was cancerous or not. .

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 **t:** 020 7188 7339 (to leave a message) or **t:** 07500 814 939 or 020 7188 6783, or to bleep a prostate nurse specialist, call the hospital on 020 7188 7188 and ask for the bleep desk. Ask for bleep 1596 and wait for a response

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

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

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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