

# TURP

## (Transurethral Resection of the Prostate)

Transurethral resection of the prostate gland is carried out primarily to relieve obstruction or enlargement of the prostate or for the treatment of Benign Prostatic Hyperplasia. A TURP is effective at relieving symptoms quickly.

It is not the type of operation that is usually carried out in the treatment of prostate cancer.

The operation takes on average around 45-60 minutes to perform and the usual length of stay in hospital is in the vicinity of 2-3 days.

### Preparing for the Test

If you are taking any medications these should be made known to Dr Bergersen who will assess whether they need to be stopped. Blood thinners such as **Warfarin, Plavix and Aspirin must be stopped one (1) week prior** to the operation and may be restarted ?? afterwards.

You must **fast (ie nothing to eat OR drink)** from midnight if your procedure is in the morning or from 7am if your procedure is in the afternoon.

If you are being operated on at the Sydney Adventist Hospital or North Shore Private, the hospital will call you the evening before to let you know what time you must arrive at Admissions on the day. If you are booked in to Hornsby Hospital you should contact the Hospital on 9477 9123 before the day to find out the time of your admission.

### During the Operation

The operation is performed by passing a telescopic instrument in through the eye of the penis and down the urethra into the area of the prostate. The internal lining of the bladder is also routinely inspected. A special electric knife is used to cut pieces of the prostate out and these pieces can then be flushed out. At the end of the procedure, a catheter (a plastic tube that drains urine from the bladder) is placed and usually kept in place from anything between one to three days after the surgery.

Whilst the catheter is in place, irrigating fluid can be instilled at the same time as the urine drains into a bag. The nurses will change the irrigating fluid and bag at regular intervals.

### After the Operation

It is critically important to **avoid any activity that involves straining or exertion for at least four weeks**. Gentle exercise is encouraged throughout your recovery and there is no restriction on walking.

Following surgery, it is usual to have irritative urinary symptoms. In particular you can expect to have frequency of urination, urgency and initially you might even find it difficult to reach the toilet in time.

You may resume driving a motor vehicle after two weeks. You should initially commence this with small trips and you should avoid any long car trips for at least four weeks.

You should avoid any sexual activity for the next four weeks.