Transurethral resection of bladder tumor (TURBP) postoperative instructions

What is it?
Transurethral resection of bladder tumor (TURBT) is a surgical procedure in which the surgeon passes a thin, lighted tube with a camera at the end into the urethra (tube that carries urine from the bladder out of the body) and then removes bladder tumors.

After surgery, what should I expect?
You may have a catheter for a few days following surgery. Do not be worried if your urine is bloody during this time. We suggest you also increase fluid intake to keep urine clear. A few days after your surgery, you will see one of our nurses to have the catheter removed and to receive antibiotics if you have not already been given them.

Recovery time
- Your expected recovery time is two weeks.
- During these weeks, you should refrain from lifting weight over 10 pounds and from all sexual activity.
- Do not be alarmed if you continue to see blood in your urine for up to three months after surgery. This is common while your bladder heals. If the urine seems unusually bloody or presents clots that obstruct the flow of urine, please contact our office. Similarly, should you experience symptoms of a urinary tract infection or a fever, please call our office immediately.

Diet and activity after surgery
- Abdominal distention, constipation or bloating: Take a stool softener as directed. If you still have no movement after 24 hours, it is safe to take a Ducolax suppository. Do not strain during your bowel movements.
- After surgery you will be given clear liquids such as broth, juices or gelatin. As you are able to tolerate it, you may return to a regular diet.
- Walk at least three times a day, gradually increasing your distance.

If you experience any of the following, please contact our office:
- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Difficulty passing urine.
- Increased blood or blood clots in the urine.
- Increased pain.

Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.

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