Transurethral resection of the prostate (TURP) postoperative instructions

What is it?
Transurethral resection of the prostate (TURP) is a surgical procedure in which the surgeon passes a thin, lighted tube with a camera on the end into the urethra to remove tissue from the prostate.

After surgery, what should I expect?
You will wake up with a catheter inserted. This will be removed within a week after surgery. It is not uncommon for urine to be pink-red tinted following surgery. Depending on the case, you will either be released the day of surgery or the next day.

- Your urine may clear quickly and then unexpectedly become pink-red tinted as many as three weeks after surgery. This is no cause for alarm and usually indicates that you performed too strenuous a task. Rest and drink liquids.

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 movement.
- After surgery you will be given clear liquids such as broth, juices or gelatin.
- As soon you are able to tolerate it, you may return to a regular diet. Avoid beverages or foods that irritate the bladder (alcohol, coffee, soda and tea). Increase intake of liquids.
- You will be asked to walk soon after surgery to return circulation, breathing and bowel function back to normal. This is very important in preventing the occurrence of blood clots.
- Walk at least three times a day, gradually increasing your distance.
- Avoid heavy lifting — no more than 15 pounds. Also avoid other strenuous activity for the first two weeks after surgery because this may increase the presence of blood in the urine.
- You may shower when you arrive home after surgery.
- Avoid sexual activity for three weeks after surgery. It is not uncommon to sense a burning feeling during ejaculation after surgery.

If you experience any of the following, please contact our office:
- Increased occurrence of blood in urine.
- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Increasing presence of blood clots in urine that block ability pass urine or makes it difficult.
- Inability to urinate or severe burning with urination that does not improve.

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.

SHMG-2689 457311

Salem Health Urology
503-561-7100 | salemhealth.org/urology