

# TURP (TRANSURETHRAL RESECTION OF PROSTATE)

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## WHAT TO EXPECT

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**Improved** urinary flow, pressure, bladder emptying  
**Blood in urine** is common for 2-4 weeks after surgery (this may be intermittent) but may take longer to resolve

**Urinary frequency and urgency** (urinating often and in a hurry) as well as **nocturia** (waking at night time) typically takes longer to improve and most patients will settle within 3 months. In some circumstances these symptoms may persist. Some patients may benefit from bladder re-training with a pelvic floor physiotherapist

**Burning and stinging with urination** – this may last for days or even weeks after surgery. This does not usually indicate infection but is part of the healing process. Ural (available over-counter at chemist) may assist in alleviating symptoms.

**Ejaculation changes** – retrograde (dry) ejaculation is common (90%), expected and if it occurs is permanent. This is not dangerous

## RETURN TO ACTIVITY



**Driving** – no driving for 2 weeks following surgery

**Work** – you will require some time off work. The duration will depend upon your occupation. You should discuss this with your surgeon *prior* to surgery to arrange a certificate

**Lifting** – avoid heavy lifting or straining to open bowels for at least 4 weeks after surgery to minimize chance of secondary bleeding

**Activities** – walking is fine and encouraged after surgery. Strenuous activity including running, gym, golf, cycling and swimming should be avoided for 4 weeks

**Sex** – avoid for 4 weeks

## FOLLOW UP SCHEDULE



Routine follow up is conducted after 6-8 weeks to allow healing and time for symptoms to stabilize

## WHEN TO GO TO EMERGENCY

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**Unable to urinate** – this may be due to secondary bleeding and clots. This can occur within the first month or so after surgery

**Fever, chills or shakes** – this may indicate infection