

TURBT (Transurethral Resection of Bladder Tumour)

What to expect

- **Blood in urine** is common for 2-4 weeks after surgery (this may be intermittent) but may take longer to resolve. The internal lining of the bladder takes time to heal
- **Urinary frequency and urgency** (urinating often and in a hurry) as well as **nocturia** (waking at night time) typically settles within four weeks. In some circumstances these symptoms may persist longer.
- **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.

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 within 2-3 weeks to discuss results of the pathology. The healing process and stabilization of symptoms may take longer

When to go to emergency

- **Unable to urinate**
- **Fever, chills or shakes** – this may indicate infection
- **Severe abdominal pain or distension**