

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