

Post-Operative Care Instructions: TURBT (Transurethral Resection of Bladder Tumour)

What to expect:

- Blood in the urine is common for 2-4 weeks following surgery, but may take longer to resolve. It may be intermittent, as the lining of the internal layer of the bladder takes time to heal.
- Urinary frequency and urgency as well as nocturia (urinating at night time) typically settles within 4 weeks, but may persist longer
- Burning and stinging with urination may last for days or weeks following surgery. This is part of the healing process, and not usually indicative of infection.

Return to activity:

- Driving – no driving for 2 weeks following surgery unless advised by your surgeon
- Work - you will require some time off work; the duration will depend on your occupation
- Lifting – avoid heavy lifting for at least 2 weeks following surgery, to minimize the chance of secondary bleeding
- Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity for 4 weeks following your procedure
- Sex – avoid for 2 weeks following your procedure.

Pain Management:

- You may take ibuprofen or paracetamol if you are experiencing discomfort
- You may take Ural (available over the counter at the chemist) to relieve burning and stinging with urination

Head directly to your nearest hospital emergency room if:

- You are unable to urinate or are passing large blood clots in the urine
- You have severe abdominal pain or distension
- Fevers, chills or shakes (may indicate infection)

Follow-Up Information:

Our rooms will phone you to arrange a follow-up appointment with your Urologist to discuss the results of the pathology.

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website melbourneurologycentre.com.au contact our rooms on 1300 702 811 or reception@urodoc.com.au