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## WHAT TO EXPECT POST YOUR TURP PROCEDURE

This information explains what you may experience post your procedure and how to take care of yourself during this time.

### Expect:

- Catheter (tube into your bladder) with fluid running in to reduce any blood clots
- Catheter to be removed within 12-36hrs
- Nursing staff will check with an ultrasound that you are emptying your bladder well
- Six weeks (sometimes up to 3 months) of:
  - Frequency, urgency of urination, rarely accidents on the way to the toilet
  - Penile shaft or tip pain on voiding or at other times
  - Pinkish discoloration of urine, occasional blood clots or blood in part of your stream. Blood in your urine can last up to 2-4 weeks.
- Return to work can take up to 2 weeks post procedure but this depends on how your recovery is going, type of work and when you are comfortable. Dr Elmes rooms can provide you with with a medical certificate if required.

### What to do:

- Drink plenty of fluid
- Take URAL sachet up to 4 times per day if experiencing burning sensation when urinating
- Oxytrol or Vesicare patch - This is used if you have bothersome urgency and frequency, night-time urination incontinence/or penile tip pain. These can be used a maximum of 2 patches at any one time. \*DO NOT take these two medications at the same time
- Take it easy for 6 weeks
- No sex for 4 weeks post op

### Avoid:

- Driving for 1 week
- Heavy lifting and constipation for 6 weeks
- Sexual activity 6 weeks post operatively

### Inform Dr Elmes' rooms if:

- Unable to urinate
- Heavy continuous bleeding / multiple clots
- Fevers / unwell