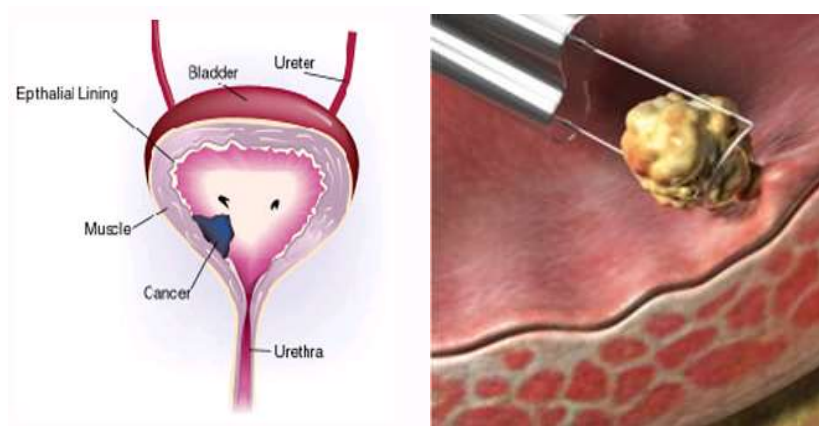




WHAT TO EXPECT POST YOUR TURBT PROCEDURE

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

TURBT is short for transurethral resection of bladder tumour. The procedure allows Dr Elmes to both diagnose and potentially treat various bladder disorders.



Expect:

- Overnight stay in Hospital
- Catheter (tube into your bladder) with fluid running in to reduce any blood clots
- Catheter to be removed within 12-36hrs
- The procedure is performed with a telescope that is inserted through the urethra into the bladder.
- Six weeks (sometimes up to 3 months) of:
 - Frequency, urgency of urination, rarely accidents on the way to the toilet
 - Mild burning on voiding
 - 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 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
- Take it easy for 4 weeks – no heavy lifting, no straining
- You can use Oxytrol patches if have severe urgency/frequency

Avoid:

- Heavy lifting and constipation for 4 weeks

Inform Dr Elmes' rooms if:

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