

# Laser Transurethral Resection of the Bladder (TURP)

*... after the procedure*

## What Can I Expect After My Procedure?

You may experience some burning and frequency with urination. You may also notice that your urine looks pink to red in color. This is because there may be some blood in your urine. This is normal after the procedure and should clear in a few days.

## If You're Sent Home with a Catheter

Some patients are sent home with a foley catheter (a hollow tube which drains urine from the bladder), while others go home urinating on their own. If you still have a catheter, you will be provided with instructions regarding its care.

## Activity

- You may experience weakness after you go home. This is normal. You will slowly regain your strength, during which time you may gradually increase your level of activity.
- Do not exercise, lift heavy objects, drive or resume sexual activity until you are told to do so by your physician.
- You may walk around and even climb stairs.
- Do not allow yourself to become constipated, as straining may cause bleeding. Take stool softeners (e.g. Colace) or a laxative (e.g. Senekot, ExLax) if needed.

## Diet

You may resume your regular diet. It is very important to drink six to eight glasses of liquid each day unless you are on a fluid restriction.

## Medication

Often, but not always, the doctor will prescribe medication for you after the procedure. If so, a prescription will be provided for you. Please take all medications as directed.

## If General Anesthesia was Used

If you have had general anesthesia, you may not drive, operate heavy machinery, make important business decisions, or drink alcoholic beverages for the next 24 hours. You may feel somewhat dizzy or sleepy after the surgery due to the side effect of anesthesia. Try to rest for the remainder of the day. Nausea and vomiting is occasionally seen, and usually resolves by the evening of surgery—even without therapy.

## Follow-Up Appointment

Call your doctor's office to schedule unless otherwise instructed.

## When to Call Your Doctor

- You have a temperature greater than 101°F.
- You have a large amount of blood and/or blood clots in your urine.
- You start having symptoms of an allergic reaction to the medication (rash, hives, difficulty breathing, etc.).
- You are unable to urinate and feel a lot of pressure.



V.S. Pai, MD \* 620-421-0080