

Following your trans-urethral surgery

TURBT, TURP and HoLEP information



Outstanding
Care for One+All

Who is this leaflet for?

This leaflet is for people who are having a TURBT, TURP or HoLEP procedure.

These procedures (also referred to as trans-urethral resections and enucleations) are usually performed for:

- an enlarged prostate causing obstruction to urinary flow
- bladder tumours.

This leaflet explains what will happen on the day, and what to expect afterwards.

What is trans-urethral surgery?

Trans-urethral surgery means that the procedure is performed using a small camera passed through your urethra (water pipe). Electric current or a laser is used to remove either prostate or bladder tissue, depending on why you are having the operation.

Why do I need it, and what is the benefit?

The risks and benefits will have been discussed in clinic in advance of this procedure, and a specific information leaflet provided with a consent form. If you have further questions, please contact the urology team.

How do I prepare for it?

You will need to give a urine sample to your GP 1 to 2 weeks before your operation to check for any infection. An untreated infection may prevent us from proceeding with the operation.

On the day:

- Do not eat or drink anything in the morning, unless instructed otherwise.
- Arrange for someone to take you home.
- If you are having a day-case procedure (going home the same day) you will need someone to stay with you overnight. If you live alone, you may wish to ask a friend or relative in advance.
- Sometimes you may need to stay overnight even if it's planned as a day-case procedure (for example, for bleeding or recovery from anaesthetic). Bring an overnight bag, just in case.

What can I expect after a TURP/HoLEP?

You will wake up with a catheter coming out of your urethra (water pipe). This is to allow us to irrigate (wash) the bladder and help any remaining bleeding to settle.

If you stay overnight:

- This irrigation will continue until you are reviewed in the morning.
- If it is clearing well, then the catheter is usually removed.

If you are going home the same day:

- Your irrigation will be stopped after an hour.
- You will return to the ward, where the catheter will be attached to a bag which straps to your leg. This will allow you to get out of bed and move around.
- You can eat and drink normally.
- You will be reviewed by the operating surgeon and if all is well, you can go home with the catheter in place.
- The nurses will show you how to manage it whilst you are at home.
- You'll have an appointment to return to the urology department at least 48 hours afterwards to have the catheter removed. You'll be given details of this appointment at the same time as your surgical appointment so that you can prepare in advance.

What can I expect after a TURBT?

You will wake up with a catheter coming out of your urethra. This is to allow us to irrigate (wash) the bladder and help any remaining bleeding to settle.

If you stay overnight:

- This irrigation will continue until you are reviewed in the morning.
- If it is clearing well, then the catheter is usually removed.

If you are going home the same day:

- Your irrigation will be stopped after an hour.
- Your urine is likely to remain pink at this stage.
- If it stays this way after a period of observation, the catheter is removed and you can go home once you are passing urine normally.
- If your urine contains too much blood, you may need to stay for further bladder washes overnight.

What can I expect when I go home?

Catheters

If you have a catheter, you will be shown how to empty this and change the bags before leaving hospital. You should have been told when it will be removed. It is important that the catheter remains freely draining with a bag attached.

If you have previously had a catheter, you may have had a tap instead of a bag.

This is not suitable after surgery.

Pain

After any kind of trans-urethral surgery, you are likely to have stinging and pain in your water pipe, particularly when passing urine. This is to be expected and is the result of the camera having been passed through the pipe. This will settle in a couple of days and doesn't need any treatment. If it lasts longer, or returns after settling, it might be a sign of infection – see your GP.

Bleeding

It is very common to see blood in your urine for a few weeks. This will go from dark red to light pink. If the urine is raspberry red or lighter there is no immediate concern. If the urine is thick and dark, contact the urology team. So long as you are pain-free and able to pass urine normally this does not need emergency review. If you cannot pass urine, call 111.

After 10 days to 3 weeks, the scab on the inside will come away naturally. This can cause a sudden bleed with some debris being passed. This is normal and usually settles quickly. So long as you are passing urine, and are not experiencing any discomfort in your waterworks, you do not need emergency attention. If you are experiencing discomfort, contact your GP. If you are unable to pass urine, please seek urgent admission via 111.

Bladder control

After any trans-urethral surgery, but particularly TURP and HoLEP, you might find that your waterworks are a little erratic and you feel the need to pass urine more urgently. You may even find that you leak urine if you do not get to the toilet in time. If you have had a TURP or a HoLEP this can go on for up to three months.

This is part of the normal healing process and will settle with time as your bladder calms down and your water pipe recovers. If you have had a HoLEP, pelvic floor exercises can help to reduce the length of time it takes to settle.

Any concerns?

During normal working hours, you can contact the urology clinic and speak to a specialist nurse who will be able to give you advice over the phone. If they are concerned, they will arrange for you to be assessed by the medical team.

- ➔ Telephone: 01872 252220 (Monday to Friday 8am to 5pm)
- ➔ Out of hours call 111



**To get this information in a different format
call 01872 252690**

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