

Transurethral Resection of the Prostate (TURP)

Patient Information



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What is TURP?

Transurethral Resection of the Prostate (TURP) is a surgery used to treat urinary problems that occur due to an enlarged prostate. This surgery is recommended for patients who suffer from urinary problems which are not responding to medication. It is considered to be the most effective treatment for an enlarged prostate in men.

What is the prostate gland?

The prostate is a walnut-shaped gland located in the pelvis, just below the bladder. It is part of the male reproductive system and its primary role to secrete fluid that becomes part of semen that carries the sperm.

The prostate encircles the urethra, which is the outflow passage for urine. After the age of 40, due to aging related hormonal changes, the prostate gland enlarges, causing interference with the normal flow of urine. This causes the below discussed problems and may require intervention and treatment.

Why is TURP performed?

TURP helps reduce urinary symptoms caused by benign prostatic hyperplasia (BPH), commonly known as enlarged prostate, including:

- Frequent, urgent need to urinate
- Difficulty starting urination
- Slow or prolonged urination
- Increased frequency of urination at night
- Stopping and starting again while urinating
- The feeling of not being able to completely empty the bladder
- Urinary tract infections

TURP might also be performed to treat or prevent complications due to blocked urine flow, such as:

- Kidney or bladder damage
- Inability to control urination or an inability to urinate at all
- Bladder stones
- Blood in urine
- Recurring urinary tract infections

What happens during TURP?

During TURP, a surgical instrument (resectoscope) is inserted through the tip of the penis and into urine passage (urethra). The prostate surrounds the urethra which runs from the bladder, through the prostate, to the penis, allowing passage of urine. The resectoscope has a camera which enables the surgeon to view the prostate and the inside of the bladder.

The device also allows excess prostate tissue that blocks urine flow to be trimmed by means of a wire loop which is activated by an electrical current. The chips of prostate are washed out of the bladder and sent to the laboratory for microscopic examination.

The surgery takes about 60 minutes, though the time may vary according to how enlarged the gland is. After the procedure, a catheter is placed in the urine passage to ensure the bladder is able to empty. Patients are kept in the Recovery Room until the surgeon considers their condition stable enough to be shifted to the ward.

How do I prepare for TURP?

- Before admission, an anaesthetist will evaluate you and determine whether general anaesthesia (putting the patient to sleep) or a spinal anaesthesia (injection in spine to numb lower half of body temporarily) would be better in your case.
- If you are taking blood thinners, you will be required to discontinue them a few days prior to TURP surgery.
- About 6-8 hours prior to surgery, you will be asked to discontinue the intake of both solids and liquids.
- You will be asked to notify the doctor if you are sensitive or allergic to any medicines, have a bleeding disorder, or are taking any medications.
- If you are a smoker, it would be advised that you to discontinue smoking to enable a smooth recovery from the procedure.

What is the recommended post-operative care for TURP?

- After your TURP is performed, you will be required to stay at the hospital for 3-5 days depending on your post recovery progress.
- You will be allowed to eat after 4 to 6 hours after your surgery; this may vary according to your condition.

- An intravenous drip will be attached to prevent dehydration. This drip is continued until you are able to eat and drink without nausea and vomiting.
- Your nurse will help you out of bed on the first post-operative day to help with movement.
- You will be allowed to take a shower on the first day after the operation.
- You may experience pain in the penile area; your doctor will prescribe pain medication to help relieve this pain.
- You will also be given laxatives to avoid constipation.
- After the surgery, your urine will initially be 'blood-tinged'. A catheter will be attached with a separate drip for 2-3 days to cleanse the bladder.
- To prevent infection, the catheter insertion site should be kept clean and dry after washing with soap and water.
- The catheter will typically be removed on the second or third post-operative day. Upon removal of catheter, you may experience slight discomfort and require frequent visits to bathroom, but these symptoms gradually disappear.
- After removal of the catheter, you will be asked to pass urine in a measuring jug for accurate monitoring of urine output.

How does post TURP care continue at home?

Upon your discharge from the hospital, you will be required to follow the instructions of your doctor and take medication as prescribed. You may continue taking your routine medication after checking with your doctor. Do not restart blood thinners until your doctor allows you.

If discharged from the hospital with a catheter, you must ensure to keep it clean by washing it with soap and drying the area twice daily to prevent infection. Avoid pulling the catheter and do not remove it.

What are the precautions I must take after TURP?

Following the surgery, you must be careful not to put pressure on the prostate area as it may cause bleeding. The following precautions should be taken for a period of 4 weeks after the surgery:

- Avoid sitting on hard surfaces
- Avoid being seated for longer than 45 minutes at a stretch
- Avoid traveling in 'jerking/shaking' conditions
- Avoid excessive physical strain
- Avoid driving for 4 weeks following surgery
- Avoid sexual activity for 4 weeks following surgery.

How do KEGEL exercises help?

Pelvic floor or KEGEL exercises help strengthen muscles that control the bladder. These exercises can be done anywhere and anytime, even while lying in bed or sitting in a chair. You are advised to do a set of ten KEGEL exercises, three times a day. Please discuss these exercises with your nurse before leaving the hospital.

What are some problems I may experience after TURP?

- You may experience constipation after undergoing the surgery. The following measures may help:
 - Increase intake of fibre in your diet
 - Eat fruits with skin and pulp
 - Incorporate raw vegetables, beans and salads in your meals
 - Always choose whole wheat items like whole wheat chapatti, whole wheat breads and cereals (oats, oatmeal and mixed grains)
 - Include mixed daal in your diet at least two times a week
 - Stay well-hydrated by consuming at least 8-12 glasses of water daily
 - Include dairy products and honey in your diet
 - Take laxatives as required.
- You may also experience a change in your urine colour. It may continue to be pink for a month until the prostate heals completely. For some time, you may also notice small blood clots and scabs falling in the urine. This is normal and no cause for concern. However, if you continue to notice these beyond a month, please discuss with your doctor.
- If you experience any of the following symptoms, please contact your doctor:
 - Fever and chills
 - Difficulty or inability to pass urine.

For more information, please contact the Aga Khan University Hospital Urology Clinic at 021- 3486-1025; 021- 3486-1053; 021- 3486-1077.

For appointments, please call: 021-111-911-911.