

POST-TURP INFORMATION

TURP or transurethral resection of prostate is a very common urological procedure. There are a number of things you need to consider during your recovery from this operation;

- **The first improvement which you will notice straight away is to the flow of your urine**
- **Other symptoms such as slight discomfort passing urine, slight aching of the genital area, frequent visits to the loo (day or night) and having to rush to the toilet. These symptoms will generally settle over 3-4 weeks**
- **The average recovery time for you to see improvement with your urinary symptoms is 3 months, some people may take longer especially if you have had a catheter for a while**
- **You may have had problems with erections prior to this procedure and this could continue however you must allow yourself to recover physically and psychologically**
- **You may experience 'retrograde ejaculation', when you climax it seems not to produce a spurt of semen -it should not affect sensation**
- **You must contact your insurance company if you are a car-driver each company differs in the time they do not cover you to drive**
- **It is normal to see a reddish tinge/small clots a few weeks after the procedure - this is part of the healing process. If you do see any blood or clots, simply increase your fluid intake until the urine clears**
- **Every one should aim to drink 1.5 litres of fluid a day to sustain our bodies. Remember that caffeinated drinks : tea, coffee and cola can aggravate your bladder, as can alcohol**

THINGS TO DISCUSS WITH YOUR GP

If your urine burns /stings or has an offensive odour more than a few days after your discharge from hospital you need to see your GP. It is advisable to take a specimen in a sterile sample bottle.

FOLLOW-UP

Mr Cole will arrange a follow-up appointment 3 months after you procedure.