



Department of Surgery
DIVISION OF UROLOGY



Postoperative Care Instructions: Transurethral Resection of the Prostate (TURP)

Dear Patient,

Congratulations on completing your transurethral resection of the prostate (TURP) procedure. This surgery is aimed at improving your urinary symptoms and overall quality of life. Proper care during your recovery is crucial for a smooth and successful healing process. Please follow these instructions closely:

Catheter Care and Removal:

- You will have a urinary catheter in place after the surgery. Keep the catheter clean and secure.
- Dr. Vigil will advise you when to remove your catheter (typically in 24 to 48 hours)
- Please remove the catheter in the morning and follow the instructions outlined in the “**Foley Catheter Removal**” document
- If you had a catheter prior to your TURP, Dr. Vigil will arrange an appointment to remove your catheter in the office in at least 7 days.
- If your catheter becomes blocked with increased pressure to pee, please contact Marina Buck or present to the emergency department
- Bladder spasms may occur with a catheter in place and include a sensation of urgency, lower abdominal pain and leaking around the catheter. Symptoms typically occur in waves.

Bladder Care:

- Following catheter removal, stay hydrated and be sure to empty your bladder regularly → every 2 to 4 hours during the day
- It is normal and expected to have blood in the urine for days to weeks following surgery
- It is normal and expected to see small clots in the urine for several days following surgery
- It is normal and expected to see whitish/greyish/brownish debris and tissue in the urine for days to weeks following surgery

Activity and Rest:

- Take it easy for the first few days after surgery. Avoid strenuous activities, heavy lifting, and intense physical exertion for **2 weeks**.
- Rest when you feel tired, and gradually increase your activity level after **2 weeks**.
- Avoid any sexual activity (intercourse or masturbation) for **4 weeks**

Hydration:

- Drink plenty of water (~1.5-2 litres) to help flush out any remaining blood or debris from your urinary system.
- Limit caffeine and alcohol intake, as they can contribute to dehydration and urinary urgency.

Diet:

- Follow a balanced diet to support your recovery. Include fiber-rich foods to prevent constipation, which can be common after surgery.
- Avoid spicy or irritating foods that may cause discomfort.
- **If you suffer from or develop constipation**, please purchase over-the-counter Polyethylene Glycol (RestoraLAX, PEG-Lax, Lax-A-Day) and take one to two times a day in order to target a soft and daily bowel movement

Pain Management:

- It is normal to experience some discomfort after the surgery and this may include burning during urination in the urethra and perineum
- Make sure to stay hydrated to keep the urine clear
- Take Tylenol (acetaminophen) 1 gram every 6 hours for 48-72 hours following surgery → **Do not exceed 4 grams in 24 hours**
 - *Please advise your doctor if you cannot take Tylenol*
- If ongoing discomfort despite the Tylenol, you can use ibuprofen (Advil/Motrin). Take 200mg every 4 hours on top of the Tylenol → **Do not exceed 1200mg in 24 hours**
 - *Please advise your doctor if you cannot take anti-inflammatories like ibuprofen*

Medication:

- Pain management as outlined above
- If you had a catheter prior to your TURP surgery, antibiotics will be prescribed
 - **Please ensure to finish the prescription fully**
- A medication for bladder spasms (tolterodine) will be prescribed and can be taken up to two times a day only if needed

Follow-up Appointments:

- A follow up will be scheduled in approximately 6 weeks to assess your urinary stream and review any relevant pathology
- Please contact Marina Buck (613 761 4500 X 2) if you have any questions or develop any problems in the meantime

Signs of Complications:

- Be vigilant for signs of infection, such as fever, increased pain or burning
 - Contact Marina Buck or present to the emergency department if you develop these symptoms
- Present to the emergency department immediately if you experience severe bleeding and/or are unable to pee
- Contact Marina Buck immediately if you develop any other worrisome symptoms