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FACTSHEET

TRANSURETHRAL RESECTION OF THE PROSTATE (TURP) TRADITIONAL AND LASER

About the Procedure:

Some men with lower urinary tract symptoms as a result of an enlarged prostate or BPH will require a surgical procedure to reduce the size of the prostate. This is not done through an incision in the skin, but rather by passing a telescope into the penis while the patient is under general or spinal anesthesia. Using the telescope, a heated element is used to remove the excess prostate tissue. After this traditional method, you should expect to stay in the hospital for at least one night with a catheter in you bladder. Some patients may go home with the catheter, but most will have it removed the next day to try to urinate without it.

Alternatively, a laser (KTP or “greenlight” laser) can be used instead of the heated element to remove the excess prostate tissue. Some of the benefits of this procedure include decreased blood loss, and the possibility of going home the same day of your surgery, sometimes without a catheter.

Preparing for the Procedure:

Do not eat or drink anything after midnight the night before the procedure. You should take your usual medications as you normally would the morning of your procedure with a small sip of water only (avoid juice, milk, coffee, etc.).

Starting 5 to 10 days prior to your procedure (ask your doctor for a specific time), it is important to stop taking medications that might increase your risk of bleeding. For a list of blood-thinning medications that should be avoided, ask you doctor.

Make arrangements for someone to drive you home on the day of your procedure.

After the Procedure:

Some patients will require a catheter for a few days after their procedure. The catheter should only be removed by your Urologist. Drink 6 to 8 glasses (1500cc) of fluid daily until the catheter is removed. If blood appears in your urine (red fluid in the tubing of the catheter), increase your fluid intake and decrease your activity level until it clears.

While at home, keep the catheter connected to the large drainage bag. It is OK to use the smaller drainage bag if you plan on going out of the house. It is normal for your catheter to have pink to reddish urine, especially with increased activity or bowel movements. Decreasing your activity and increasing fluids will usually make the urine clear. Men with a catheter may notice pink discharge at the tip of the penis—this is normal. Applying over-the-counter antibacterial ointment (e.g. Neosporin or Bacitracin) 2 to 4 times daily to the tip of the penis will help decrease irritation.

After your surgery, it is OK to shower, but baths and soaking in a tub should be avoided until the catheter is removed. Avoid any strenuous activity, exercise, or heavy lifting for 4 to 6 weeks after the procedure.

It is usually OK to resume your blood-thinning medication the day after your procedure, but check with your doctor to be sure. Take all the medications prescribed by your doctor (including any antibiotics and pain medications), and schedule an appointment to follow up with him within the first 2 weeks after the procedure (ask your doctor if you are unsure when to follow up).