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POST-OPERATIVE TURP INSTRUCTIONS

1. What do I expect after surgery?

- a. You will be discharged from the hospital 1-3 days after your surgery is completed if all is going well.
- b. At the time of discharge, you will usually go home without a foley catheter, however, in some situations, a catheter may be inserted for a short period of time. If you go home with a catheter, the nurse should have instructed you on the use of a leg bag and bedside bag. In some cases, Home Health will be engaged to monitor your care at home. Removal of the catheter will be arranged by your physician at the time of discharge.
 - i. You may shower with the catheter in place and connected to the drainage bag
- c. It is normal to have some blood-tinged urine in the bag or drainage around your catheter.
- d. Some leakage of urine around the catheter with bowel movements is normal.

2. What activities may I perform after surgery?

- a. You should not drive a car until your catheter has been removed or for at least 7 days if you do not have a catheter
- b. Do not take a tub bath until the catheter is removed. You may shower as long as the catheter is connected to the bag.
- c. Do not lift anything over 10 pounds for at least 4 weeks.
- d. You may ride in a car, go up stairs at home, and take short walks.
- e. Do not engage in any vigorous physical activity or sexual activity for 4-6 weeks.

3. Call your physician (337-352-2210) if any of the following occur:

- a. You experience high fever or severe pain.
- b. You have a reaction to any of your prescriptions.
- c. You think you may have a problem.
- d. Any bleeding with urination that does not clear with bedrest and fluid intake (it is normal to see some blood in the urine at 2-3 weeks after surgery as scabs break off from the prostate)

4. Make sure you have a follow-up appointment scheduled in the office after your procedure. Your physician will discuss the pathology findings with you at this time. Take all the prescriptions given to you by your physician. DO NOT restart any blood thinners (Coumadin, Plavix, ASA, etc.) until instructed to do so by your physician.