



**SURGERY CENTER**

Phone: (224) 612-7000

## **TURBT (Transurethral Resection of Bladder Tumor) DISCHARGE INSTRUCTIONS**

### **WHAT TO EXPECT**

- No skin incisions were used during the surgery, however, the area around the prostate is raw and irritated.
- Blood-debris and small blood clots in the urine is common. These symptoms will gradually improve.
- Mild burning on urination and increased urgency or frequency can occur for several days.

### **ACTIVITY INSTRUCTIONS**

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- It is ok to shower the day after surgery.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10 pounds) for 2-4 weeks or until cleared.
- No sexual activity for 3-4 weeks. Please consult your doctor on timing.

### **DIET INSTRUCTIONS**

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week. This will help clear up your urine quicker and prevent blood clots.

### **MEDICATIONS**

- Take Tylenol (500 mg every 6 hours) as directed for any pain or discomfort.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.

### **FOLEY CATHETER**

- You may have a Foley catheter placed at the end of the surgery. This will limit bleeding and avoid any urinary issues in the immediate recovery period.
- A nurse will show you how to take care of the catheter at home. Your doctor will determine how long the catheter will be in place and when it will be removed.

### **CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:**

1. Fever greater than 100.6F, severe chills, continued nausea or vomiting

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*



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2. Severe pain that doesn't go away with pain medication
3. Increasing amount of blood in your urine or very large blood clots
4. Inability to urinate

### **FOLLOW-UP:**

- Call your doctor's office to schedule a follow-up appointment (if not already scheduled).
- If you had a catheter placed, the doctor will confirm when it will be removed.

**\*If you have any questions or concerns regarding your surgery (even after business hours or over the weekend),  
PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*