

Transurethral Resection of the Prostate (TURP) and Transurethral Incision of Prostate (TUIP) Home Care

Transurethral Resection of the Prostate (TURP) carves out pieces of the prostate tissue to relieve bladder outlet obstruction.

Transurethral Incision of Prostate (TUIP) makes incisions inside the prostate to open up and relieve bladder-neck/outlet obstruction.

After Surgery

- You will have blood in your urine.
- Urine will begin to clear in 2-4 days.
- You can have some bleeding for up to 6 weeks.
- It takes the prostate about 6 weeks to heal.
- You may have cloudy urine and irritation or burning when you pass urine.
- You may have some dribbling of urine at first. This often clears up in the first couple of days.
- You may also have urinary urgency or frequency for some time.
- It can take several months to get maximum benefit of the surgery.

You will go home 1 day after surgery. You may or may not go home with a catheter in place. This depends on whether you can pass urine on your own.

How to Reduce Bleeding

- Increase fluids.
- Avoid using aspirin.
- Avoid letting your bladder get too full. Being too full puts pressure on the prostate.
- Try to pass urine at least every 2-3 hours or sooner if needed.
- Avoid constipation. Straining can

cause increased bleeding. It is vital to **not** strain with bowel movements.

- Add fruits, vegetables and fiber to your diet to help prevent constipation.
- Your provider may order a stool softener or a mild laxative.

Activity

- Nothing strenuous for 1 week after surgery.
- You may shower. **No** tub baths if you go home with a catheter.
- Slowly get back to your normal routine over the next 3-4 weeks.

Guidelines at Home

First 2 days after leaving the hospital, limit your activity:

- **Do not** lift anything over 10 pounds.
- Avoid heavy work.
- **Do not** ride in or drive a car except for the ride home from the hospital.

3-7 Days

Start with short walks, and short car rides. Increase these as you feel better. You can drive short distance if able to prevent an accident and are not on a narcotic.

2-3 Weeks

You may increase your activity. It is very common to pass bloody urine one or two times about a week after surgery. You should not be concerned. It should stop on its own.

4 Weeks and After

You may have sex. Do not worry if no fluid appears when you ejaculate. The fluid may

go into the bladder and be passed in the urine. You can ride a bike, riding lawn mower, or a horse if you are comfortable.

When to Call

- You cannot pass urine.
- Your urine remains bloody, and you cannot see through it (It is ok if urine is clear like cranberry juice).
- You pass large blood clots.
- You have a fever > 101° F by mouth for 2 readings taken 4 hours apart (use Tylenol®).

Follow-Up Care

Your first follow-up visit will be made for you before you go home.

Who to Call

UW Health Urology
(608) 263-4757

East Madison Hospital
Urology
(608) 440-6464

1 S. Park Medical Center
Urology
(608) 287-2900

After hours, weekends, and holidays, the clinic number is answered by the paging operator. Ask for the Urology doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

Toll-free: **1-844-607-4800**.

Your Urology doctor is Dr.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4257