

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.

Changes in Your Urine

After surgery, you will have blood in your urine. Your urine will begin to clear in 2-4 days. You may still notice 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 achieve maximum benefits of the procedure.

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

1. Increase fluids and avoid aspirin if you can.
2. Avoid letting your bladder get too full. Such fullness causes pressure on your prostate. You should try to pass urine at least every 2-3 hours or sooner if you feel the need.
3. Avoid constipation. Straining can result in increased bleeding. It is vital that you do not strain with bowel movements. Adding fruits and

vegetables as well as fiber to your diet will help prevent constipation. Your provider may order a stool softener or a mild laxative.

Activity

- Do nothing strenuous for 1 week after surgery.
- You may shower, but you may not take a tub bath if you go home with a catheter in place.
- You can slowly get back to your normal routine over the next 3-4 weeks.

Guidelines

1. **First 2 days** after you leave the hospital you will be at home. 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.
2. **3 – 7 days:** Start with short walks, and short car rides. Increase these as you feel better. It is OK to drive short distances if able to prevent an accident and are not on a narcotic.
3. **2-3 weeks:** You may further 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. You may have sex after the fourth week. Do not be alarmed if no fluid appears when you ejaculate. The fluid may go into the

bladder and be passed in the urine. Also, after 4 weeks, it is OK to ride a bike, riding lawn mower, or a horse if you are comfortable.

When to Call the Doctor

- 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.

Phone Numbers

UW Health Urology
608-263-4757

UW Health at The American Center Urology
608-440-6464

UW Health One South Park Urology
608-287-2900

After hours, nights, 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. **The toll-free number is: 1-844-607-4800.**

Your medical record number is

_____.

Your Urology doctor is Dr.

_____.

The Spanish version of this *Health Facts for You* is #4257s

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 © 1/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4257