

Transurethral Resection of the Prostate (TURP)

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BPH or benign prostatic hyperplasia - is a condition where the outlet from the bladder is blocked by natural growth of the prostate over time. Patients begin having symptoms including frequency, getting up at night to urinate, trouble starting and stopping your stream, feeling of incomplete emptying, and weak stream.

Indications for surgery:

1. Blood in the urine
2. The above mentioned symptoms that don't respond to medical management
3. Having to have a catheter placed emergently in the emergency room
4. Worsening kidney function from bladder outlet obstruction
5. Stones forming in the bladder

Treatment includes:

Using a scope through the urethra or hole you normally urinate through, the prostate opening is enlarged by removing the excess tissue. There is no incision made during this procedure unless a complication occurs. The blocking prostate tissue is removed in small pieces. These pieces or chips are removed and sent to the pathologist to make sure there is no cancer present.

If you are not on Proscar or Avodart please let your physician know. Your physician may decide to place you on this prior to your surgery.

What to expect after the surgery:

1. You will likely stay one night in the hospital with a catheter in place. You will have a catheter in place after your surgery and there will usually be water running in and out your catheter to prevent blood from clotting in your bladder and blocking the catheter.
2. Your catheter will usually be removed the morning after surgery. You will be asked to urinate in several bottles to make sure that your urine is staying clear. The nurse may even check your bladder with an ultrasound machine to make sure you are emptying your bladder effectively.
3. It is common to have pain with urination for several days and up to several weeks. You will notice some difference in your urination immediately following surgery, but you should continue to have improvements in your symptoms for up to 2 months. It is expected to have blood in your urine for several weeks afterward.
4. You will be sent home with pain medicine and antibiotics.
5. You may also have the urge to urinate very frequently. This will also improve slowly over time.
6. All these changes in your urinary stream are due to the normal healing process of the urethra and will resolve eventually with time.

Call the office if the following conditions occur:

1. You have a temperature greater than 101.5
2. You begins having blood clots in your urine
3. You begin to have new episodes of leaking urine along with the feeling of not being able to empty your bladder.
4. Pain in your lower abdomen and the inability to urinate.