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## WHAT TO EXPECT POST YOUR TURP PROCEDURE

This information explains what you may experience post your procedure and how to take care of yourself during this time.

### **Expect:**

- Catheter (tube into your bladder) with fluid running in to reduce any blood clots
- Catheter to be removed within 12-36hrs
- Nursing staff will check with an ultrasound that you are emptying your bladder well
- Six weeks (**sometimes up to 3 months**) of:
  - Frequency, urgency of urination, rarely accidents on the way to the toilet
  - Penile shaft or tip pain on voiding or at other times
  - Pinkish discoloration of urine, occasional blood clots or blood in part of your stream. Blood in your urine can last up to 2-4 weeks.
- Return to work can take up to 2 weeks post procedure but this depends on how your recovery is going, type of work and when you are comfortable. Dr Elmes rooms can provide you with a medical certificate if required.

### **What to do:**

- Drink plenty of fluid
- Take URAL sachet up to 4 times per day if experiencing burning sensation when urinating
- Take it easy for 6 weeks

### **Avoid:**

- Driving for 1 week
- Heavy lifting and constipation for 6 weeks

### **Inform Dr Elmes' rooms if:**

- Unable to urinate
- Heavy continuous bleeding / multiple clots
- Fevers / unwell