

TURBT

Transurethral Resection of Bladder Tumor

What is a TURBT?

- A tumour that has been scraped away using an instrument that's passed through the urethra (the urine passage).
- This will heal over, initially with a scab and eventually, in most cases, regrow with normal lining tissue. The tissue removed at the time of surgery will be carefully examined and a detailed report will be available to your urologist and reviewed with you at your follow up appointment.

Post-Operative Instructions:

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
3. Take all of your regular medications as you took them before your operation, unless instructed otherwise.

Smoking:

4. There is a strong association between smoking and bladder cancer. If you are a smoker, you must make every effort to stop smoking now.

Hygiene:

5. You may shower or bathe as you like.

Bowel Function:

6. Normal bowel function should return when you resume your normal diet and activity. Avoid straining to have a bowel movement. A stool softener from your local pharmacy may be added if needed.

Activity:

7. Gradually resume your usual activities over the next few days. Avoid heavy lifting (over 20 lbs) or straining for about 2 weeks as these can promote bleeding.
8. Travel or strenuous activity should be avoided until the urine is clear of blood for at least a week.
9. Sexual activity can be resume in about 2 weeks when you are comfortable.

Medications:

10. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
11. Blood thinners may increase the risk of bleeding after your surgery so ask your doctor when you can resume these types of drugs.
12. You generally will not require any strong painkiller after you are discharged from hospital. Tylenol may be used if needed for any mild discomforts.

TURBT

Transurethral Resection of Bladder Tumor

Voiding Function:

13. It is not unusual to have increased frequency or urgency of urination for a few weeks after your surgery.
14. There may also be some burning with urination. These symptoms will resolve more promptly if you drink plenty of fluids and empty your bladder regularly.
15. Your voiding pattern should return to normal within a few weeks. There may be a bit of visible blood in the urine for a few weeks, you may even have a few blood clots, particularly after about 2 to 3 weeks post-surgery, when the scab comes away.
16. Delayed bleeding can be seen (uncommonly) for up to 6 weeks postoperatively. Severe burning with urination or fever may indicate a bladder infection. Contact Surgeon's office if these symptoms persist.

Contact your Doctor or seek medical attention if any of the following occurs:

- Signs of infection, including fever and chills
- Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
- Cough, shortness of breath, chest pain
- Pain that you cannot control with the medication that you have been given.
- Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
- Pain and/or swelling in your feet, calves or legs.

Contact your Doctor's office if you develop:

- High fever, suggestive of infection
- Heavy thick bleeding with clots

If you have any concerns:

... call your surgeon/doctor,

... or call Telehealth 1-866-797-0000

... or come to the Emergency Department at Georgian Bay General Hospital

Follow Up:

The day after your surgery call your Surgeon's office for your _____week(s) follow-up appointment.

Specific Instructions:
