

TURP (Trans Urethral Resection of the Prostate) Patient Education Booklet

Introduction: Prostate or bladder surgery requires special care even though you can't see a wound the area inside the prostate and bladder is raw. This area is covered with a large scab that helps you heal and prevents bleeding. You must try not to disturb this scab over the next 3 to 4 weeks.

Nutrition: Eat as you normally do, it's important to include fruit and vegetables to help avoid constipation. Drink 8 to 10 glasses of water each day. Limit the use of alcohol, caffeine and spicy foods.

Activity: Don't do any of these activities for the first 3 weeks following your surgery as they put pressure on the prostate bed and can cause bleeding:

- Lift objects heavier than 10 pounds
- Drive a car or ride long distances in a car
- Strenuous exercise or weight lifting
- Sexual intercourse
- Strain for a bowel movement
- Sit for long periods of time
- Limit stair climbing

Bathing: You may shower whether you have a catheter in or not. If you have a catheter follow the catheter care information, otherwise shower normally.

Elimination: You may pass urine more often both day and night. You may have a strong urge to pass urine. You may see blood in the urine for up to 6 weeks following your surgery. Don't strain to move your bowels as this causes pressure on the prostate bed. If you have any problems with urine leakage, call your surgeons office.

Medications: You may resume taking your daily medications after the surgery unless instructed otherwise by your surgeon. Medications that thin your blood (Coumadin, Aspirin, etc) shouldn't be taken for at least 2 weeks after your surgery or as instructed, **ASK YOUR DOCTOR.**

Medications Continued: If your doctor gives you antibiotics, be sure to take them until they are all gone. Pain medications aren't usually required after surgery, you can use Extra-Strength Tylenol for mild discomfort. Use of stool softeners may be required to help prevent the need to strain to pass stool.

Complications

Infection: Call your surgeon's office or go to the closest Emergency Department if you develop a fever, chills, nausea, vomiting, severe pain and/ or burning when passing urine, foul/ cloudy urine, shortness of breath or chest pain.

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Transurethral Resection of Bladder Tumor

Thrombosis/ Phlebitis: Report any redness, tenderness, pain or swelling in your calf. Sometimes a clot can form when you aren't as active as you typically are.

Bleeding: Your urine should be clear to light pink. You may have some bleeding at 4 to 6 weeks when the scab falls off the prostate bed. This should clear quickly. If you have an increase in blood or clots in your urine, you will need to call your surgeon's office.

Urinary Blockage: When your catheter is removed you should be able to pass urine. It may burn at first. A hot bath may help you relax so you can pass urine. If you are unable to pass urine or your catheter isn't draining, you need to get help. If you have a visiting nurse, call them to come and flush the catheter. If not, you need to see your surgeon or go to the Emergency Department.

How to Care for Your Catheter at Home- Male

A catheter is a tube that will drain urine from your bladder. The catheter is held in place in the bladder by a water-filled balloon. A drainage bag attached to the end of the catheter catches the urine as it comes down the catheter. You won't leak urine or need to use a toilet or bedpan to urinate while the catheter is in place.

A nurse will visit you at home to see if you are having any problems with the catheter. If needed, they will review the care of the catheter with you so that you can empty, clean and change the drainage bags on your own.

Guidelines for Caring for Your Catheter

- Never pull on your catheter. This may dislodge the catheter causing pain and injury.
- Always keep the drainage bag below the level of your bladder so that it will drain well. If not kept below bladder level urine may back up and this could cause an infection.
- Check the tubing regularly for kinks. Urine can't drain freely if the tubing is kinked, which could also lead to urine backing up.
- Use soap and water to wash the area around your catheter twice a day. This will help prevent irritation and infection. Wash your rectal area twice a day and after each bowel movement.
- Drink 8 to 10 cups (about 2 litres) of fluid each day. This will help prevent infection and blockage. Water is the best fluid to drink.
- Empty the drainage bag at least every 8 hours or when it is full.
- It's normal to occasionally see a small amount of blood in the urine. However you should contact your Surgeon immediately if you notice:
 - Large amount of blood or clots in your urine.
 - Urine leaking around the catheter.
 - Pain and fullness in your abdomen.
 - Little or no urine flow.
 - A foul odor to your urine.
 - Fever and/or chills.

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Types of Drainage Bags

1. **Night Drainage Bag:** The night drainage bag is a large bag that can hold up to 2 litres of urine. It is used at night so that you don't have to get up throughout the night to empty it.
2. **Leg Bag:** The leg bag is a smaller bag that is fastened to your thigh with straps. It fits easily under your clothing so that no one will know you have a catheter in place. It must be emptied every 3 to 4 hours because its small size, not emptying it may cause urine to back up in bladder causing an infection.



If You Have Difficulties with your Catheter at Home:

- Call your nursing provider agency (Home Care Nurse) the number should be in the CCAC information package you may have received.
- Call your Surgeon's office
- Call your Family Doctor
- Go to the closest Emergency Department

Emptying the Night Drainage Bag

To keep germs out of your catheter, empty your drainage bag in the cleanest possible way.

1. Wash your hands with soap and water.
2. Remove the drain tube from the sleeve on the drainage bag without touching the tip.



3. Open the clamp on the drain tube, then let the urine drain into the toilet or other container.
4. When the bag is empty, re-clamp the tube. Place it back into the sleeve of the drainage bag.
5. Wash your hands again with soap and water.

Emptying the Leg Bag

1. Wash your hands with soap and water.
2. Twist the valve at the bottom of the leg bag open.
3. Let the urine drain into the toilet or other container. Do not let the tube touch the toilet or other container.
4. When the bag is empty, twist the valve closed again.
5. Wash your hands again with soap and water.



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Changing from the Night Drainage Bag to the Leg Bag

1. Empty the night drainage bag as described.
2. Fasten the leg bag to your thigh with the straps so that is tight enough to stay in place. Have the straps threaded underneath the bag to allow for free flow of urine to drainage bag.
3. Wash your hands with soap and water.
4. Cleanse the connecting end of the leg bag with an alcohol swab.
5. Disconnect the catheter from the night drainage tubing while pinching closed the catheter to prevent any leaking.
6. Connect the catheter to the leg bag. Release the pinch on the catheter
7. Wash your hands again with soap and water.
8. Alternate between the left and right legs each day.

Changing from the Leg Bag to the Night Drainage Bag

1. Empty your leg bag as described.
2. Release the straps that hold the leg bag onto your thigh.
3. Wash your hands with soap and water.
4. Cleanse the connecting end of the night drainage bag with and alcohol swab after removing the cap, if one is available.
5. Disconnect the leg bag from the catheter while pinching closed the catheter to prevent any leaking.
6. Connect the catheter to the night drainage bag. Release the pinch on the catheter.
7. Wash your hands again with soap and water.
8. To prevent pulling on the catheter at night, use tape to hold the night in place. Leave some slack so that you won't pull on the catheter when you move in your leg.
9. When you get into bed, coil the tubing on the bed. Leave enough slack so that you can roll in bed however, not too much slack that the tubing will drag on the floor. Hang the drainage bag on the side of your bed, waste basket or low rung of a chair. Keep the drainage bag below the level of your bladder.

Cleaning of the Drainage Bags

Daily cleaning of the night drainage bag and leg bag will help to reduce odor and infection.

1. Wash your hands with soap and water.
2. Using a clean funnel, wash the inside of the bag with mild soap and water.
3. Rinse with water until no soap is left.
4. Mix $\frac{1}{4}$ cup of white vinegar with 1 $\frac{1}{2}$ cups of water.
5. Rinse the bag with this mixture.
6. Hang bag to dry.
7. Wash hands again with soap and water.