

Patient Information for Transurethral Resection of Prostate (TURP)

You are considering an operation called a TURP, which aims to improve the way you urinate. Prostate enlargement is common and can obstruct passage of urine.

What does the operation involve?

The operation can take place under a spinal or a general anaesthetic. The procedure removes prostate tissue with an electric instrument via a telescope through the penis - you will not have any scars or wounds. A thin tube (urinary catheter) will allow you to pass urine. The operation takes approximately 45 minutes.

Are there any side effects?

The commonest side effect is a mild burning sensation, increased frequency and occasional bleeding when passing urine. TURP does not usually affect your erections, however you can expect dry orgasms, because the cored prostate allows semen to leak into the bladder. This is harmless, is known as retrograde ejaculation and means you are unlikely to be fertile, although you cannot rely on this as contraception.

After the operation

Simple painkillers control postoperative pain. You may see blood in your urine and often the bladder is irrigated via the catheter to prevent clotting; this usually settles quickly. The urinary catheter is removed 24 - 48 hours after the operation.

Passing urine

Most patients pass urine soon after catheter removal. A few have difficulty and need to have a catheter inserted. You may go home with the catheter in place for a short while.

At home

Average hospital stay is 2 days. Once home it is important to take things easy. You may pass urine more often than before, but this subsides as your prostate heals. You should not lift heavy things or strain for 4-6 weeks to allow healing. You can drive after 2 weeks and resume sexual activity after 6 week. You can usually return to work after 3-4 weeks.

Potential problems

If you develop any of the following symptoms please contact your specialist: -

- Strong smelling, cloudy urine, fever or high temperature
- Clots in your urine making it difficult or impossible to urinate
- Severe abdominal pain