

Follow-Up Appointment

Ensure you keep appointments for follow-up care with your doctor.
Contact your doctor's office to arrange for an appointment.

Notify the Doctor or Go to the Emergency Department if any of the following happens:

- Chills, Fever (temperature above 38.4°C or 101.2°F) or "Kidney" Pain;
- You are unable to urinate for more than 5-6 hours despite adequate fluid intake;
- Bleeding persists or increases, or if you pass clots in your urine;
- Your pain is unrelieved by the prescribed medication.

Besides these general instructions remember also:

After Bladder Surgery (TUR)

How to Care for Yourself at Home

Adapted from: After Bladder Surgery (TUR)
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General Information

A Trans-Urethral Resection of the bladder (TUR) is usually performed under a Spinal or General Anaesthesia. A lighted scope is put into the urethra and the bladder tumor is removed. After surgery you need to take special care of yourself as you recover.

Important Points in Treatment

Activity

It may take four to six weeks for the surgical site to heal. During the first two weeks (three weeks if the tumor is large), avoid activities that may put pressure on the healing area such as:

- | | |
|------------------------------------|------------------------------|
| 1) long walks | 5) sexual intercourse |
| 2) fast stair climbing | 6) heavy housework |
| 3) driving | 7) sports, i.e. golf, tennis |
| 4) lifting anything over 10 pounds | 8) gardening |

These activities could interfere with healing. Ask your doctor when you can return to work. Bathe or shower as you wish.

Pain

You may feel some low back pain after your surgery. This is due to positioning during the operation.

Pain medication and/or lying on your side and walking may help reduce pain. Take pain medication as ordered by your doctor. If your doctor does not order any pain medication - you may take Tylenol (plain or extra strength) according to the package instructions.

Do not use any ASA (Aspirin) products unless ordered by your surgeon. Consult with your doctor if you normally take ASA.

When the catheter is first removed, you may feel burning when urinating. This will decrease with time.

Diet

Remember that a well-balanced diet is important for wound healing. Avoid straining during bowel movement. Include high fiber foods in your diet to prevent constipation:

- grain breads
- bran cereals (All Bran, Bran Buds, Fruit & Fiber)
- fruits (prunes, raisins, dates, bananas, apples)
- vegetables (broccoli, corn, beans, potatoes)

Ask your doctor or pharmacist about a mild laxative or stool softener, if needed.

Keep your urine flow working freely by drinking plenty of water (12-14 glasses). If you have a history of Heart Disease or Kidney Failure - discuss with your doctor how much fluid you are allowed.

Avoid caffeine (i.e. coffee, tea, cola's) until bladder symptoms settle. Caffeine can make regaining urinary control more difficult.

Avoid spicy and acidic foods - they may produce substances in your urine that irritate the healing area.

Check with your doctor regarding use of alcoholic beverages.

Sexual Activity

- a) At your follow-up appointment, discuss with your doctor any concerns you may have about to resuming sexual activity.

Blood Tinged Urine

There may be some blood in your urine for 4-5 days. If you have blood tinged urine:

- a) Reduce activity, rest quietly, and lie flat
b) Drink plenty of fluids
(unless otherwise indicated by your doctor)