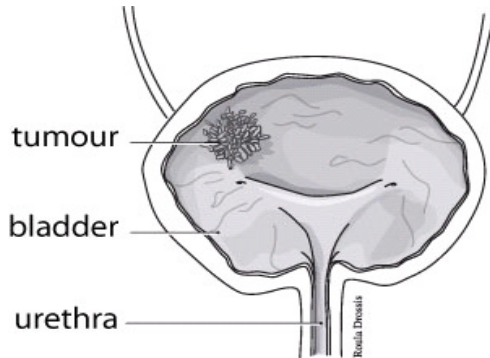


## Going home after bladder surgery (TUR)

Name: \_\_\_\_\_



You have had a trans-urethral resection of the bladder (TUR). A scope was put into your urethra and the bladder tumor was removed.

### After your surgery:

- It will take 4 to 6 weeks for you to heal
- Ask your doctor when you can go back to work
- Ask your doctor when you can have sex
- You may have a bath or shower unless you have a catheter

For the next 2 weeks avoid activities that put pressure on the bladder such as:

Long walks	Sexual intercourse
Heavy housework	Lifting over 10 pounds
Sports	Fast stair climbing
Gardening	Driving

### What if I have pain?

- You may have some low back pain after your surgery
- You may feel some burning when urinating after the catheter comes out
- This will get less as your body heals
- Lying on your side or walking may help the pain
- You may take acetaminophen (Tylenol)
- Be sure to follow instructions on the medicine bottle
- Your doctor may give you a prescription for pain medicine
- Do not take any medicines that contain aspirin unless your doctor orders them

## What can I eat?

- You may eat your regular diet
- Drinking fluids helps prevent constipation and keeps your urine flowing
- Ask your doctor how much fluids you should drink
- Eating foods high in fiber will help prevent constipation

Grain breads Bran cereal Fruits Vegetables
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- Talk to your doctor or pharmacist about taking a mild laxative if needed
- Do not strain to have a bowel movement as this puts pressure on your bladder
- Caffeine, spicy or acidic foods will irritate your bladder and slow healing

## What if I have blood in my urine?

- You may have blood in your urine for 4 or 5 days
- Drinking fluids, resting and laying down will reduce bleeding

## Contact your surgeon or family doctor if you have:

- Pain and the pain medicine does not help
- A fever of 38 °C or 100.4 °F
- An increase in bleeding or you pass blood clots in your urine

## Follow-up:

- Phone your surgeons office for a follow-up appointment
- Ask your doctor when you can resume sexual activity

## Questions or Concerns:

Health Link BC: 811  
(604) 215-2400  
Hearing Impaired: 1 866 889-4700  
Or, contact your physician

**In an Emergency:** Call 911 or go to the hospital emergency room