

## When to get help

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

- You cannot pass urine (go pee) 4 hours after your catheter is removed.
- You have a fever of 38°C (100.4°F).
- You have blood in your urine and it does not go away after urinating 2 to 3 times.
- You have blood clots in your urine.

If you cannot contact your surgeon or family doctor, go to the nearest walk-in clinic or Emergency Department.

Surgical Services  
Langley Memorial Hospital  
22051 Fraser Highway  
Langley, B.C.

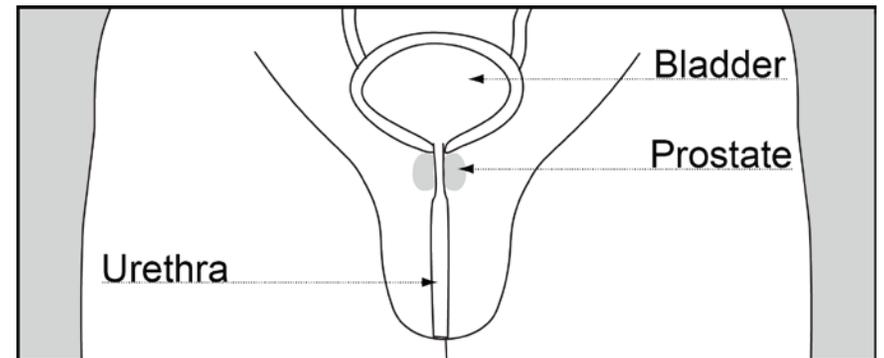
[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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# Trans-Urethral Resection of the Prostate Using Green Light Laser

Langley Memorial Hospital



## What is laser prostate surgery?

The doctor uses a special machine called a 'green light laser' to vaporize the extra tissue that has formed around your urethra. There is very little bleeding with using the laser.

The advantages of this type of surgery are:

- ✓ There is very little bleeding afterwards.
- ✓ It has the same results as the traditional prostate surgery (called a Trans-Urethral Resection of the Prostate or TUPR).
- ✓ Most men go home the same day as their surgery.

## What can you expect?

- You can plan on being in the hospital for 3 to 4 hours after your surgery.
- You will have a tube (catheter) that runs from your bladder through your penis to a bag that collects your urine.
- Your doctor gives you instructions on how to remove your catheter or arranges for you to come to the hospital to have your catheter removed.
- You might notice some blood in your urine once in a while for up to 4 weeks.
- At first, you might notice that you are urinating (going pee) more often. You might also feel that when you need to urinate (go pee), you must go right away (called urgency). This should get better over the next 6 weeks as your urethra opens and becomes larger.

## How to care for yourself at home

For the **next 4 weeks**:

- ✗ Do not lift anything over 9 kilograms (20 pounds).
- ✗ Do not exercise.
- ✗ Do not have sex.
- ✗ Try not to drink alcohol, coffee, cola, or drinks with caffeine. They will irritate your bladder.

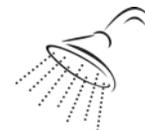


Drink about 250mL (8 ounces) every 2 hours, unless your doctor tells you something different. This helps keep your urine clear.



Your normal bowel function should return when you get back to your usual diet and activity.

Try not to strain when having a bowel movement. You might find it helpful to take a stool (poo) softener, like docusate sodium (Colace). You can buy this at your local pharmacy.



While you have a catheter, you will not be able to bath or shower. Instead, take sponge baths with a washcloth.

Once your catheter is taken out, you can shower or bath.



You should be able to continue your usual medicines. You might need to take antibiotics. Follow your doctor's instructions. If you have any questions about your medicines, contact your family doctor.

If you have any pain, you can take acetaminophen (Tylenol) or ibuprofen (Motrin, Advil), unless your doctor or nurse tells you not to.