

Name: _____

What is a TUPR?

- As you become older, your prostate may get larger
- This is a normal part of aging
- When the prostate gets larger it blocks the flow of urine
- A TUPR unblocks the urethra and makes it easier to pass urine

When can I shower or bath?

- You cannot have a tub bath until your catheter is taken out
- You can shower with your catheter in

If you are going home with a catheter your nurse will show you how to look after your catheter at home.

When the catheter is taken out you may have:

- A burning feeling when you pass urine
- A feeling that you need to urinate and rush to the bathroom
- Some dribbling of urine for up to 4 weeks after the surgery
- Some blood in your urine for up to 4 weeks

Note:

- Do not hold your urine for long periods of time
- Be sure to go to the bathroom as soon as you feel the urge

What activities can I do when I get home?

- Gradually return to your normal activities
- Walking and stretching exercise
- If you notice blood in your urine after activity or exercise, stop, rest and drink fluids to wash out your bladder
- Do not lift over 10 pounds (4.5 Kg) for 2 to 3 weeks

- Do not do strenuous exercise for 3 weeks
- Avoid long car rides
- Avoid holding your urine for long periods of time
- Eat foods high in fiber and avoid constipation
- Drinking fluids will help prevent constipation and clot from forming in your bladder

Sexual activity:

- Your doctor will tell you when you can have sex
- Usually it is 4 to 6 weeks after your TUPR
- After your TUPR you may feel as if ejaculation is taking place, but fluid may not come out of your penis
- The fluid goes into your bladder and will come out in your urine
- This is normal after this surgery and is not harmful

Pelvic floor exercises:

- Tighten pelvic muscles as hard as you can
- Hold the muscles tight for 10 seconds, then relax for 10 seconds
- Do this 10 times a day
- You can do this when you are sitting, standing or lying down

Call your doctor if you have:

- Bright red bleeding or clots in your urine that do not clear with drinking
- Abdominal pain that does not get better with your pain medicine
- Chills or fever over 38°C or 100.4°F

Call your surgeon or go to the Emergency if you have not passed urine for 8 hours.

Follow-up:

- Call your surgeons office and make an appointment for a follow-up visit