

Planning for Discharge

Following any surgery, have a friend or family member available to help you for at least a few days.

Call your doctor for a follow-up visit.

For the next 6 weeks you should avoid:

- lifting, pushing or pulling heavy weights (including laundry, garbage, lawn mowers, furniture, vacuums, and children if possible) to prevent straining your internal incisions.
- getting over-tired as you will tire easily. Alternate activities such as walking with periods of rest.
- driving long periods until advised by your doctor. Sitting for long periods may put pressure in the operative area and increase bleeding risks.

If you experience any of the following symptoms, call your doctor or clinic immediately, or report to the nearest Emergency Department:

- Difficulty voiding.
- Persistent bright blood in your urine.
- Persistent painful, swollen abdomen.
- Feeling hot or feverish with a temperature over 38° Celsius.

If you have any questions, please do not hesitate to ask your doctor, nurse or any other member of the health care team.



Preadmission information for

TUPR

This pamphlet was developed by the preadmission nurse clinician in consultation with the preadmission nurses, the surgical clinical resource nurses, and nursing unit staff.

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**Burnaby Hospital
Preadmission Clinic**

What is a TUPR?

TUPR (trans urethral prostate resection) is the resection or removal of part of the prostate gland. The operation is done through the urethra.

Your hospital stay is overnight.

At Home the Day Before Surgery

1. Do not eat or drink after midnight, unless advised by your doctor.
2. You will need to have a bath or shower the night before and morning of surgery.

In Hospital Before Surgery

1. You will have an intravenous started for fluid replacement and medication.
2. You will receive medications to reduce stomach secretions.
3. To do the operation, the anesthetist will give you a general or spinal anesthetic. If you are given a spinal anesthetic, you will be numb from the waist down during the procedure.

What to Expect After Surgery

- You will spend some time in the recovery room before returning to a ward.
- The numbness from the spinal anesthetic usually lasts about 2-4 hours. Nurses will be checking on this and you will stay in bed until all feeling has returned.
- You will receive pain medication and may also receive anti-spasm medication for bladder spasms.
- You will have a urinary catheter for about 3 days. This catheter will be attached to a bladder irrigation system to promote healing.

What to Expect After Surgery (cont'd)

- It is important to cleanse the catheter and the tip of your penis. The nurse will show you how. This should be done in the morning, afternoon and evening until the catheter is removed.
- It is important to drink lots of fluids to keep the bladder flushed. We suggest you drink one glass of fluid per hour, besides the fluids you have with meals.
- After the surgery, your urine will be red with blood. Gradually it becomes clear as you heal.
- Nursing staff will provide you with instructions on how to remove the urinary catheter at home.
- The first day or two after the catheter is removed, you may experience a burning sensation when voiding. You may also notice a change in frequency and/or dribbling while urinating.
- You will be asked to do postoperative exercises regularly.
- Your activity level will increase as tolerated.
- Prescribed medications from your surgeon will start on the third day after surgery.
- Do not take a tub bath until the catheter is removed. Showers are okay.