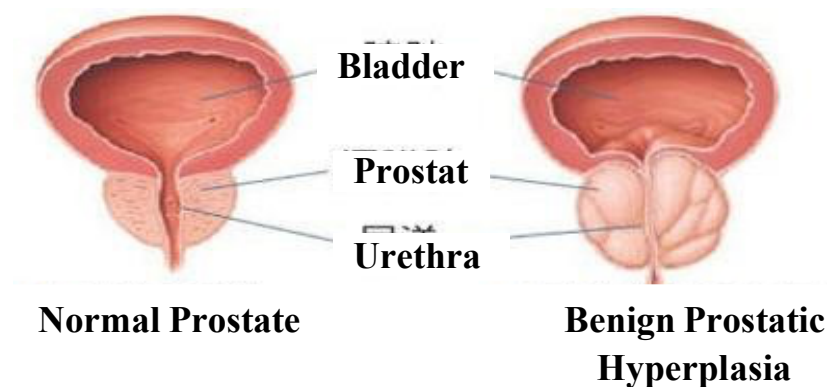




## Transurethral resection of the prostate (TURP)

### What is benign prostatic hyperplasia (BPH)?

Prostate is a part of male reproductive system. It's located at the outlet of the bladder, and surrounding around the urethra (see below), The part of function of the prostate is semen secretion. Men over 50 years old, most of them have varying degrees prostate hypertrophy, is a normal aging phenomenon, the real reason of the prostate hypertrophy is not clear, may related to aging or hormonal changes.



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All information above has been reviewed by Genitourinary specialists  
Edited and published by the Department of Nursing,  
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## **What are the symptoms?**

- Urinate getting slowly: The strength to Urinate getting smaller cannot urinate immediately.
- Frequent urination
- Nocturia: urinate very often at night
- Frequent urination and often felt unfinished after urinating.
- Acute urinary obstruction: Bladder inflation and suddenly cannot urinate.
- Urgent urination: have to urinate immediately when bladder inflation.
- Difficulty urinating.

## **What are the treatments?**

According to the conditions, the physician to determine the most appropriate treatment methods:

- Medication.
- Catheterization.
- Transurethral resection of the prostate (TURP)

## **Surgical indications:**

- Moderate to severe urinary symptoms, urinary retention frequently, urinary tract Infection.
- Have kidney damage, hematuria.
- Suspected malignancy tumor
- Medication are not effective

## **What is Transurethral resection of the prostate**

The surgeon reaches the prostate by inserting a resectoscope through the urethra . The surgeon observe the location around the prostate gland, and bladder. and cut of the tissue and seals blood vessels. In the end of the surgeon will put the urinary catheter in the urinary tract.

## **Transurethral prostate surgery precautions before and after:**

This surgery is generally using the spinal anesthesia in the operating room.

### **Some things you can expect before the procedure include:**

- Your doctor will explain the procedure to you and sign a operation and anesthesia consent
- Before surgery need to understand kidney function and blood clotting function and do Chest X-ray and ECG.
- shave the hair of perinea area.
- Enema the night before surgery is required.
- You'll be asked to fast for six hours before the procedure, generally after midnight.
- If you're taking any anticoagulant medications, or any other medications that affect blood clotting. Heparin, Aspirin, Tapal, Coumadin, etc. It may be necessary for you to stop these medications for one to two weeks before the procedure.

## **After the procedure**

- Due to the adoption of lumbar spinal anesthesia should be absolutely lying and fasting six hours.
- To reduce the bleeding, postoperative period until the next morning, the catheter will be the full width of fabric glue traction fixed on the inner thigh, calf with restraint strap secured to the bed, hip and knee bend need not be kept straight .
- As the catheter traction, there may be pain and want to urinate and defecate feel unwell if these situations, the staff will assess the deal, to be removed after pulling these symptoms will improve.
- Should always squeeze catheter, to avoid blood clots blocking the catheter.
- After surgery the urine dark red, red or pink, then will gradually become clear, drink plenty of water every day(2000-3000cc) (except dialysis patients and there are contraindications) to facilitate catheter patency.
- After general surgery can get out of bed the next day, a few patients need continuous catheter flushing, no mention of the bag when the activity is too high over the lower abdomen to avoid backflow of urine bag cause infection.
- By prescription taking stool softeners , do not be too hard bowel movement, in order to avoid serious wound bleeding which cause hematuria.
- Always observe the urine volume and color, if the urine decreased blood clots blocking or severe hematuria, you may perform a

single or continuous bladder lavage.

## **Transurethral prostatectomy surgery after curettage how health**

- After surgery to remove the catheter, if urgency, urinating more, urinary pain or mild hematuria, is a common phenomenon after surgery may last about a month.
- Please eat more fruits and vegetables to prevent constipation, avoiding bowel movement too hard causing hematuria.
- Within three months to avoid cycling, motorcycle and avoid sex, avoid bleeding wounds to caused hematuria.
- Drink the water during a day, the best day to maintain urine volume over 2000cc.
- If a large number of hematuria or unable urinary, high fever, please go to the hospital emergency room to treatment immediately
- According to physician instructions to outpatient follow-up and examinations to determine the internal wound is heal or not after the surgeon.
- After the TURP surgery, most of the aptients will having retrograde ejaculation may causing infertility, but has no effect on the patient's body. Few of them will have recurrent hyperplasia (estimated 15% after 5 years), therefore the patients still needs to follow-up and having examtion every year to maintain health.
- After the surgeon, if having incontinence, sexual dysfunction or progressive difficulty urinating, should back to the outpatient for further treatment by physician.

## **How to deal with urine leakage**

### **1. Perform Kegel exercises:**

While counting from 1 to 10, gradually contract and tighten the pelvic floor muscles, then count from 1 to 10, and slowly relax them to the end, which is somewhat similar to the feeling of holding back a tuba.

B. If the urine leakage persists and does not improve, you can dial 04-23592525 and then 6082 to consult a nurse or go to the outpatient department for examination.

## **Conclusion**

During the operation, excessive prostate tissue blocking the urinary tract is scraped to restore smoothness to the urethra. After the operation, when the catheter is removed and urination begins on your own, you may experience symptoms such as frequent urination, urgency, urinary incontinence, pain during urination, and slight hematuria. , as time goes by, symptoms will gradually improve, and the bladder's urine emptying capacity will increase and residual urine will decrease after surgery, which can improve the occurrence of recurrent urinary tract infections.

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## Let's take the quiz to make sure you understand

1. Transurethral prostate curettage surgery removes excess prostate tissue blocking the urinary tract to restore smoothness to the urethra.  
Yes No Don't know
2. After the operation, the urine will be dark red, red or light red, and will gradually become clear later. You can ask the doctor whether you can drink 2000-3000cc more water according to your condition.  
Yes No Don't know
3. After prostate curettage surgery, do not squeeze the urethra to avoid blood clots blocking the urethra.  
Yes No Don't know
4. When you remove the urinary catheter and start urinating on your own after surgery, it is normal to experience symptoms such as frequent urination, urgency, urinary incontinence, pain during urination, and slight hematuria. Symptoms will gradually improve over time.  
Yes No Don't know
5. When urine leakage occurs, Kegel exercises can be performed to slow down the occurrence of urine leakage.  
Yes No Don't know