

TRANSURETHRAL RESECTION OF BLADDER TUMOURS (TURBT)

What is a TURBT?

TURBT is a surgical procedure to remove growth(s) (tumour) from the bladder. The entire tumour(s) is removed.

Tumours may be benign or malignant (contain cancer cells), and TURBT procedure allows the pathologist to examine the tumour and determine its type.

How is it performed?

TURBT is performed under either a general or spinal anaesthetic, a small scope (cystoscope) is introduced into the urethra and the bladder is inspected. Visible growth(s) are removed with a wire loop and electric current via the cystoscope. No cut is made on the skin.

The tumour (growth) is then sent to the Pathologist for analysis.

The procedure takes approximately 30 minutes, depending on the size of the tumour.

What to expect following surgery?

For a **small** tumour, you will not need to stay in Hospital. You will go home the same day.

For a **larger** tumour, a Urinary Catheter will be inserted to help empty your bladder and remove debris. You will need to stay in Hospital for 1 or 2 days.

You may notice a small amount of blood in your urine following the procedure; it may be pale pink in colour. It is important to increase your fluid intake to help 'flush' out your bladder.

Heavy bleeding is not normal and you should attend the emergency department if this occurs.

You may experience increased frequency of passing urine – this is normal and should settle after a few days.

The bladder wall is very thin, and in cases of a large tumour, a TURBT may result in perforation of the bladder wall. Usually, this is treated with a Urinary Catheter for a few days.

You may take regular pain relief such as Panadol and the Doctor will discuss options with you.

Avoid heavy lifting or strenuous exercise for 2 weeks. Gentle exercise such as walking is advised.

You can usually return to work after 72 hours, however this may vary with each patient. Your doctor will advise you. Generally the same applies for driving.

A post-operative review with the Doctor will be made generally 1-2 weeks following the procedure to discuss the histopathology results and treatment options moving forward.

When to seek help:

Please contact the rooms or see your GP:

- Persistent bleeding and the passing of clots.
- Offensive urine.
- Persistent pain and burning when passing urine.
- Fever.
- Unable to pass urine and/or feeling of bladder fullness and discomfort.