

TRANSURETHRAL RESECTION OF THE PROSTATE (TURP)

What is a TURP?

TURP is a procedure offered to men who have difficulty passing urine due to an enlarged prostate. Obstructive prostate tissue is removed, allowing the free flow of urine.

How is it performed?

TURP is performed under general (or spinal) anaesthetic and takes approximately 1 hour.

A small telescope is introduced into the penis through the urethra – **no cuts are made in the skin**. An electrical loop gradually cuts away small pieces of the prostate, called “chips”, until the central portion of the prostate has been cleared. The chips are washed out during the procedure via the telescope. These are sent off to the Pathologist for examination.

Following the TURP a catheter is placed for a “bladder washout”, which helps the normally occurring bleeding to settle.

What to expect following surgery:

You will expect to be in hospital for 2 nights during which time the nursing staff will monitor your urine via urinary catheter. In most cases, you will need to be able to urinate independently (without a catheter) before going home.

You will have stinging with urination, and blood in your urine for up to **2 weeks** post-operatively. At approximately 2 weeks post-procedure, you may notice an increase in the amount of blood and tiny blood clots, for a short period. This is normal and may take longer to clear in some men.

It is important to increase your fluid intake during this time to help flush out blood. Healing and urination will improve over **2 months**.

You may return to work in about 7-10 days and commence driving one week after a TURP.

A post-operative review with the Doctor will be made 3 weeks following TURP and then again, at 3 months.

Urination following TURP:

You should notice a stronger flow of urine, generally within 2 months.

People, who have had an enlarged prostate for some time, may have developed an **overactive** bladder and may require “bladder retraining” with a pelvic physiotherapist.

Please discuss this with the Doctor if you notice difficulty reaching the toilet in time.

Sexual function following TURP:

You may recommence sexual activity when you feel comfortable (usually 4 weeks).

“Retrograde or dry ejaculation” is a very common side effect of TURP. This is when the semen enters the bladder instead of coming out of the penis during orgasm. There is minimal change in sensation.

Impotence is an uncommon side effect of TURP (<1%) however this is often readily treated and should be discussed with the Doctor during your post-operative appointment.

When to seek help:

Please seek medical advice or contact the rooms:

- Inability to urinate.
- Persistent large amounts of bleeding.
- Cloudy, smelly urine and pain on urination as this may indicate an infection.