

Transurethral Resection of the Prostate (TURP)

Other formats

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Your surgeon believes that you would benefit from an operation called a transurethral resection of the prostate, or TURP. This is a procedure performed on men who have problems with urinating because of an enlarged prostate. This leaflet will explain why you need the operation and what it involves.

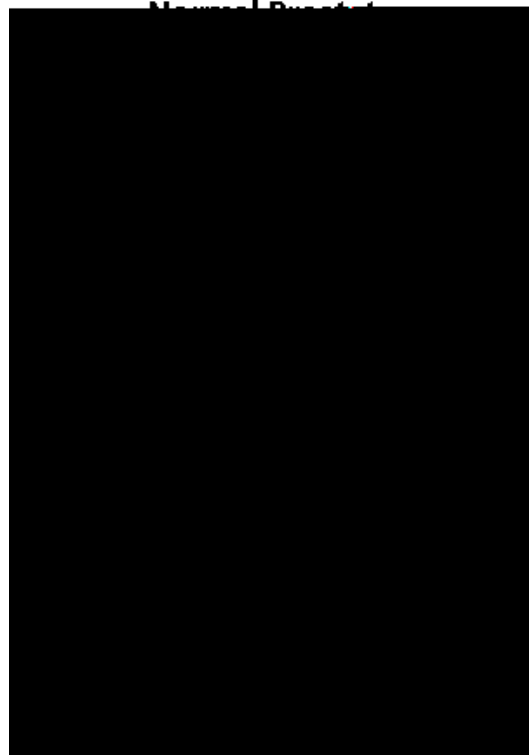
The prostate is a gland which is only found in men. It sits just below the bladder and produces nutrients for the sperm and contributes to the semen. The prostate gland is about the size of a walnut, but can get bigger with age. This is a condition called Benign Prostate Hyperplasia (BPH).

The urethra is the tube that carries urine out of the bladder and travels through the prostate. An enlarged prostate compresses the urethra causing:

a more frequent need to go to the toilet,
which is more noticeable at night

difficulty passing urine

occasionally it can stop the flow of urine
altogether, which is called retention of
urine



TURP is carried out under a general anaesthetic, where you are put to sleep, or you have an injection in your back to numb everything from the waist down. This is called a spinal anaesthetic. You will also be given a dose of antibiotics through a vein in your arm to reduce the risk of infection.

During the operation, the surgeon will pass a thin tube-shaped metal instrument up through your penis and into the bladder. There is a camera at the end so that the surgeon can get a good view of the prostate. The central part of the prostate will be removed using a heated wire loop. Any bleeding will be stopped. Samples of the prostate will be sent to the laboratory for analysis to check that there is no cancer in your prostate. The operation itself takes between 45 minutes and an hour.

At the end of the procedure, a catheter is passed into your bladder. A catheter is a thin flexible tube that drains urine from your bladder into a bag and is used for washing out your bladder. The catheter will be removed after a couple of days.

There are several alternatives to having a TURP, although these may not necessarily be suitable for everyone. Your consultant will have discussed these options with you:

Continued observation to wait and see if your symptoms get any worse

Medications to relax the muscle of the prostate, as well as prostate-shrinking tablets

Laser prostate surgery, which is very similar operation to a TURP, except that a

In the days before the operation, take your tablets as advised by the nurse at the pre-assessment clinic.

You cannot eat for six hours before the operation. We recommend that you stop eating from midnight onwards, just in case your operation is first thing in the morning. You will be allowed to have water only up to two hours before the operation.

If you have diabetes or other medical problems then you will be advised about any additional steps you need to take.

You should have a bath or shower on the morning of the operation, but do not shave the genital area.

You will be told when to come into the hospital for your procedure. This is usually the morning of your operation. Please arrive at the hospital on the morning of your operation at the time detailed in your letter.

A nurse will complete the admission paperwork and take your pulse, BP and temperature. You will be asked to change into a clean gown and to put on anti-clot stockings.

You will be seen by a member of the urology team. They will confirm that you are well

It is important not to strain when opening your bowels as this can cause bleeding. We can prescribe laxatives if you are constipated or finding it hard to open your bowels.

Poor erections – t

