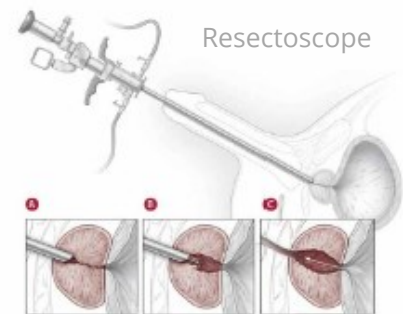


# Transurethral Resection of Prostate (TURP)

## Greenlight Transurethral Resection of Prostate

### Definition

This is a surgical procedure to remove the prostatic adenoma (lesions/tumours/diseased cells) obstructing the flow of urine. There are two techniques used to do this: via a resectoscope or by a Greenlight Laser.



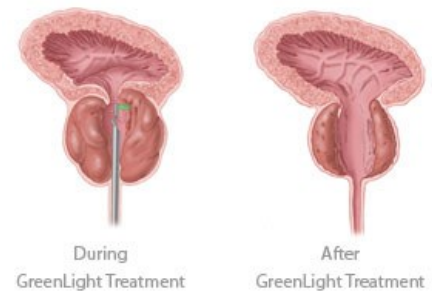
### Procedure

After a general anaesthetic, a telescope (cystoscope) is inserted via the urethra to visualise the adenoma of the prostate.

A resectoscope is then inserted and a loop is used to remove the adenoma in pieces.

If a Greenlight laser is being used, the laser is inserted and the adenoma is vapourised.

Lastly, bleeding is controlled using a diathermy and a catheter is inserted. This catheter is removed the following morning whilst you are in hospital.



### Post-Operative Care

After an overnight stay in hospital, you will be discharged the following morning.

For the first 48 hours:

- Rest and avoid constipation by drinking lots of water to flush your kidneys and bowels (stool softeners not required).
- Do not participate in labour intensive work or exercise
- Avoid lifting, pushing, pulling or strenuous exercise for 2 weeks to aid recovery. Return to work on light duties once comfortable. You can begin driving 48 hours after your procedure.

**Continued...**

**Common side effects include:**

- Urine with a rose or pink tinge which should clear within 3-5 days post procedure
- Pain which can be managed with Paracetamol or Nurofen
- Stinging or burning when passing urine which can be relieved with Ural (available from pharmacy without a script) or by adding fresh lemon or lime to your drinking water.

**Uncommon side effects include:**

Seek medical attention through Toowoomba Specialists, your local GP or your local Hospital's Emergency Department. Note: If you take blood thinners, please DO NOT take any further doses until you have sought medical attention.

- Dark red or wine coloured urine
- Passing blood clots through your urine
- Fevers, chills, shakes or tremors
- Unmanageable pain

**Discharge Planning**

Patients can be discharged once reviewed by Dr Desai.

Please check with Dr Desai as to when to restart taking your usual medication and blood thinners.

**Follow up**

You will receive an aftercare phone call from Dr Desai's rooms within 2 weeks of your procedure.

You will also be required to attend a face to face appointment with Dr Desai 2-3 weeks after your procedure. A flow test will be conducted at this appointment (please drink 3 cups of water 2 hours prior). Please contact the rooms to arrange this.

For any concerns, please contact Toowoomba Specialists during business hours or St Vincent's Private Hospital Toowoomba after hours.