

INSTRUCTIONS FOR TURP/HOLAP/GREENLIGHT PVP
Academic Urology-Pottstown/Phoenixville
Day time phone: 610.323.5550 (Pottstown) or 610.935.9010 (Phoenixville)
Emergency Phone after 5 pm 610.792.2871

NATURE OF THE PROCEDURE

A TURP involves the partial removal of the prostate through a telescope that results in unblocking the urinary channel. This can be done with electrocautery, holmium laser energy (HOLAP) or KTP "Greenlight" laser energy.

INSTRUCTIONS PRIOR TO TURP

Do not eat or drink anything including water after midnight the evening prior to the operation. Do not smoke for at least 12 hours before or after the procedure and do not drink alcohol 24 hours prior to the procedure. Do not take aspirin or any aspirin-containing products or drugs containing Ibuprofen for 10 days prior to the scheduled treatment (see complete list). You can take Tylenol or ask your physician for recommendations. If you are taking anti-coagulants such as Coumadin, please consult with your physician, as this medication may need to be discontinued 5 days prior to the procedure. If you have had kidney or bladder x-rays taken at institutions, other than the hospital at which you are having your procedure performed, please check with our office scheduling staff to determine you need to bring them with you the day of the procedure. Leave all valuables at home and wear comfortable clothing. If you have HMO insurance, it is your responsibility to obtain referrals from your primary care physician. A Fleets enema to be done the night prior to the procedure may be suggested by your surgeon. If a prostate biopsy is planned you will have antibiotics prescribe to take the day before and the day after the procedure.

DAY OF TURP

You will have a urinary catheter through the penis that drains to a bag that hangs off the side of the bed while a bag of fluid hangs above the bed to irrigate this catheter. The nurse will monitor the bag of fluid to make sure it does not run dry. You will have a regular meal the evening of your procedure. You will be on bed rest until the next morning. You may be given special compression leg stockings to prevent clots in your legs.

AFTER THE TURP

The urinary catheter will be removed after the blood in urine clears usually on the second day after the operation. It is common to experience urinary, frequency, urgency, and some dribbling which will often clear up after a few days. It may take 6-8 weeks to determine ultimately how successful the operation. The main factor which influences the outcome is much damage the bladder sustained over the years as a result of the enlarged prostate. If you are unable to urinate after the catheter is removed, a smaller more

comfortable one will be placed and you may go home with it. It may stay in for approximately 2 weeks.

To keep your urine flowing freely we recommend you drink 8-10 glasses of fluid a day and avoid constipation. A bowel movement every other day is reasonable and if a diet high in fiber is not strong enough to keep you regular then we suggest over the counter stool softeners such as docusate capsules (Colace) or a laxative such as milk of magnesia or ducolax tablet(s). Avoid alcohol, spicy foods, and caffeine if you are experiencing urinary frequency and urgency. You should refrain from heavy lifting and long car rides for 2 weeks after the operation. You may resume driving upon the discretion of your urologic surgeon which may be anywhere between 10 days to 3 weeks from the time of your hospital discharge. We suggest resting 4-6 weeks before you resume sexual activity.

FOLLOW-UP APPOINTMENTS AND POSSIBLE STUDIES NEEDED

Call 610.323.5550 or 610.935.9010 to schedule an appointment to:

___ see Dr. Rose Leech Moreno Kabler or Kalra in ___ day(s) or ___ week(s)

___ see nurse or ___ medical assistant in ___ day(s) or ___ week(s)

for ___ Foley removal in ___ day(s) or ___ week(s)

for ___ fill & pull in ___ day(s) or ___ week(s)

for ___ other

MEDICATIONS

Take ___ Levaquin one daily until finished.

___ Cipro twice daily until finished.

___ Bactrim DS one twice daily until finished.

___ Pyridium/or Prosed as directed.

___ Vicodin one to two every 4 hours as needed for pain.

___ Percocet one to two every 4 hours as needed for pain.

Regarding Spinal Anesthesia: If you develop a headache specifically after **SPINAL ANESTHESIA**, we recommend drinking more fluids, a caffeinated beverage (ie coffee, coke) and bed rest. If this does not relieve your "spinal headache" you should contact the hospital anesthesiologist on call.

Pottstown Hospital (610) 327-7000

Phoenixville Hospital (610) 983-1000