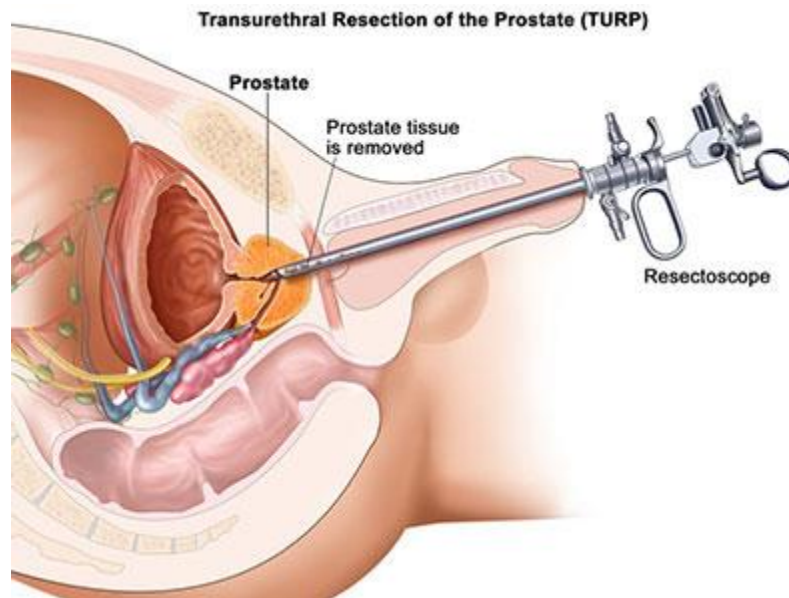


## TURP



A transurethral resection of the prostate (TURP) is a surgical procedure that involves cutting away a section of your prostate that are pressing on your urethra. The prostate is a small gland in the pelvis only found in men. It is located at the base of your bladder and surrounds the early part your urethra (the tube that carries urine from the bladder out of your body). If your prostate becomes enlarged, it can place pressure on your urethra. This can cause symptoms that affect urination.

### Why TURP is carried out

TURP is often recommended when prostate enlargement (benign prostatic hyperplasia) causes troublesome symptoms and fails to respond to treatment with medication.

Symptoms that may improve after TURP include:

- problems starting to urinate
- having to strain to pass urine
- a weak urine flows
- flow interruption during urination
- being unable to empty your bladder fully
- a frequent need to urinate
- waking up frequently during the night to urinate (nocturia)
- a sudden urge to urinate

### Preparing for operation

You will usually be asked to attend an aesthetic clinic few weeks before your operation. This will allow the anaesthetist doctor to assess your fitness for surgery. The anaesthetist may order few tests such as

blood tests, a chest X-Ray and an electrocardiogram (ECG) to check your general health. An ECG is a simple test to check the electrical activity of your heart.

Make sure you tell your doctor if you are currently taking medication to prevent blood clots, such as aspirin, clopidogrel or warfarin. These medications could cause heavy bleeding during operation, so you may be advised to stop taking them in the lead-up to your operation.

If you smoke, you should try to cut down or give up completely before your operation. Cessation of smoking help reduce your risk of having a potentially serious complications such as chest infections and blood clots.

### **Before the operation**

You will usually be admitted into the hospital one day before the operation.

The anesthetist doctor and the urologist will come and review you while you are in the ward. They will explain to you again about the operation and the risks related to the anesthesia and operation before asking you to sign a consent form.

You may be given a pair of compression stockings to help prevent blood clots depending on your risk.

You will be asked to stop eating and drinking 6 hours before surgery.

### **What are the risks?**

In most cases, TURP is a safe procedure and the risk of serious complications is very small.

The potential complications of TURP include bleeding, urinary tract infection, fluid overload.

Furthermore, many men who have a TURP lose the ability to ejaculate semen during sex or masturbation, although they still have the physical pleasure associated with ejaculation (orgasm). This is known as retrograde ejaculation.

Many men also temporarily lose the ability to control their bladder (urinary incontinence), although this usually passes in a few weeks. In rare cases, it may be persistent and need further treatment.

There's also a small risk of problems such as erectile dysfunction, difficulties passing urine and urinary tract infections (UTIs)

### **How TURP is performed**

The operation is performed either under a spinal or general anesthesia so you will not feel any pain. A spinal anesthesia means you will be awake during the operation but you would not be able to feel anything below your waist. A general anesthesia means you will be unconscious throughout the operation.

TURP is carried out using a device called a resectoscope where a thin metal tube is passed up along your urethra until it reaches your prostate. A heated wire loop is inserted through the resectoscope and is used to cut away the section of your enlarged prostate. The prostatic tissues that are removed during the operation will be sent for histological examination to confirm that there are no abnormal cells. There is no cut need to be made on your skin. The procedure usually takes about 1 hour.

After the procedure, a tube called catheter is placed into your urethra and is connected to the irrigation fluids.

### **Recovering from TURP**

You will usually need to stay in hospital for 2 to 3 days after your operation.

The catheter inserted during the operation will be left in place while you are in hospital. This allow a continuous irrigation of saline fluids to be administered into your bladder until the blood in your urine has reduced. This usually takes about 1-2 days. The catheter is removed before you are discharged from the hospital.

It is common to feel tired for a week or two after going home. Most men are up and about after this time, but you will need to take things easy for 4 to 8 weeks.

You will usually be advised to stay off work and avoid lifting heavy objects, doing strenuous exercise, driving and having sex for at least a few weeks.

It is normal to have some difficulties urinating and some blood in your urine for a few weeks. These problems should get better as you recover.