

Department of
NURSING

**Transurethral Resection Of Prostate/Bladder
Tumour/Bladder Neck Incision
Post-surgery Instructions**



Discharge Instructions After Post Operative Transurethral Resection of Prostate/Bladder Tumour/Bladder Neck Incision

The instructions provide general information and advice regarding your condition. These guidelines are not exhaustive and taking these precautions may help to reduce risks and complications.

1. Diet

- You do not need to restrict your diet.
- Take plenty of roughage, eg. vegetables and fruits to avoid constipation.
- Drink at least 8 glasses or 2 litres of water a day

2. Activities

- You may resume your normal activities as your condition improves.
- Do not lift heavy objects for at least 2 months after surgery.

3. Pain Management

Take your medication as prescribed for pain relief.

4. Catheter Care (Delete Where Appropriate)

- Keep the urine bag below waistline at all times
- Do not allow the catheter and the drainage tube to kink
- Do not place the drainage bag on the floor
- Maintain genital hygiene.

5. Special Instructions

- You may have burning sensation or pain when you pass urine. It can be relieved by the analgesic as prescribed by the doctor.
- Do expect slight bleeding when passing urine for about 2 weeks after the procedure.
- In some cases, mild hematuria may even persist beyond 2 weeks but you should check with your doctor if its normal.
- Avoid straining when urinating and defecating.
- Remember to keep the appointment with your doctor.

6. When do You Need to Seek Medical Attention?

- Excessive bleeding or passing of blood clots in the urine
- Painful micturition
- Unable to pass urine for more than 6 hours
- Fever of more than 38° C and above
- If you experience severe abdominal pain and it is not relieved by the analgesic as prescribed by the doctor

What Should You do in an Emergency?

Call TTSH Urology Clinic 2A/2B @ 6889 4258/4242 for earlier appointment with your surgeon

Office hours:

Monday - Friday:

8am - 5pm

Saturday: 8am - 12noon

Sunday & Public Holiday: Closed

OR call Clinical Coordinator, Department of Urology @ 9726 1802 (Mon – Fri: 9am – 5pm)

- After office hours, you are advised to seek treatment at the Emergency Department, Basement 1, Tan Tock Seng Hospital.
- Go to nearby Polyclinic or family doctor.