

_____’s Care Guide after TURP or TURBT Surgery

I came to the hospital on _____ and left on _____

I came to the hospital because _____



How I may feel and what I should do

These symptoms are **normal**

I may feel pain

- I may have pain, swelling, and bruising at the end of my penis.
- I can put Polysporin on the tip of my penis.
- I should talk to my pharmacist about using Tylenol Extra Strength.

I may have changes in my urination and bowel movements

- I may need to urinate more often.
- I may feel like I suddenly need to urinate right away.
- I may have bright red blood in my urine.
- I should drink 6-10 glasses of water a day to keep my urine clear.
- Pain medication can make it hard for me to have a bowel movement.
- I should drink lots of water, and eat lots of fruits and vegetables.
- **I shouldn’t** strain or push too hard when having a bowel movement.
- **I shouldn’t** use an enema or suppository to help me have a bowel movement.
- I can take a stool softener like Senekot if I haven’t had a bowel movement in 2 days. I should ask my pharmacist for help.

These symptoms are **not normal**

- I can’t urinate, even if my bladder feels full.
- I have large blood clots that make it difficult for me to urinate.
- I have pain, redness, or swelling in my lower leg.
- My temperature is over 38.0°C or I have chills.

I need to **call my surgeon** or go to the nearest **emergency department** if I can’t reach my surgeon.

⚠ These symptoms are **an emergency** ⚠

- I have trouble breathing.
- I have chest pain.

I need to **call 911**.

My notes and questions



March 2019



How I should care for my catheter

- My nurse will teach me how to look after my catheter.
- My catheter should only be changed or removed under the direction of a urologist.
- I may feel like I need to urinate even with the catheter in.
- I may see blood around my catheter or in my urine for up to a few weeks.
- I may have urine leaks after my catheter is taken out. I can do pelvic floor exercises (Kegels) to help with this.
- **If my catheter is blocked:** I should call my homecare nurse. If my homecare nurse isn't available, I should go to the nearest emergency department.

My notes and questions

How my activities will change

Showering

- I don't need to change my bathing habits.

Exercise and physical activity

- I should practice deep breathing to keep my lungs healthy.
- I should be active to help me gain strength and feel better.
- I should go for walks often. I should rest and take a break when I need one.
- If I need to take a long car ride, I should stop and walk every 1-2 hours.
- I **can't** lift more than 10 pounds for 2 weeks after my surgery.
- I **can't** play contact sports or ride a bike or motorcycle for 6 weeks.
- TURBT: I **can't** do intense activity until my urine has been clear of blood for 1 week.

My medications

- I was given a list of medications I need to take.
- I was told why I need to take my medications.
- I was told about the side effects of my medications.

My appointments

- I was given a list of my appointments.
- Someone reviewed my list with me.
- I was told about the automated phone call.

Where I can go for more information

For information about...	I can call or go to...