

Urology Associates of Rochester

David P. Dever, M.D. Laurence A. Donahue, M.D. Melanie M. Butler M.D.
Brian Adcock, RPA-C Paul Scheib, RPA-C
Crystal Englert, MPAS, RPA-C Lindsay J. Short, MS, RN, FNP

Dear Pat FName :

Your TURP is scheduled at:

on

The hospital/surgical center will notify you of your arrival time for your procedure. Your pre-admission physical will be done at your/the .

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW:

1. You will be admitted to the hospital the day of your surgery. You will be discharged when you are fully awake, alert, and taking fluids by mouth. Usually it is about two hours after your surgery.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
5. No alcohol 24 hours prior to surgery.
6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24 hours after receiving anesthesia.**

RECOVERING FROM SURGERY: WHAT TO EXPECT

1. You will awake from surgery with a catheter in your penis, which drains urine from your bladder. This allows your urinary tract to rest and recover. You **MAY** go home with the catheter. If you go home with the catheter, the nursing staff will instruct you on how to take care of it.

2. If you are taking aspirin, blood thinners (such as Coumadin) or ant-inflammatory drugs (Motrin, ibuprofen, etc.), **DO NOT RESUME THESE UNTIL TOLD TO DO SO BY YOUR PHYSICIAN.**

3. You will notice some bleeding and small clots when you urinate (pass your water). This is normal. **If you develop a fever, have continuous bleeding with the passage of large clots, the catheter becomes plugged or if you are unable to urinate please call the office at (585)232-2980.**

INSTRUCTIONS: POST TURP (TRANSURETHRAL RESECTION OF THE PROSTATE)

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

1. It is okay to shower. **No bathing** until seen by the doctor.
2. It is okay to climb stairs when discharged from the hospital.
3. Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.
4. No heavy lifting or strenuous activity for 4 weeks.

DRIVING: You are able to drive the day after your procedure if you feel okay and are not taking any pain medication.

MEDICATIONS: Please refer to the surgery medication list provided.

FOLEY CATHETER: (Tube in your penis which drains your urine.) Most patients have their catheter removed prior to being discharged. However, if you go home with a catheter in, it will remain in place for 5 - 7 days after your surgical procedure. It is normal to feel some pressure and discomfort from the catheter. You may also experience some leaking around the catheter; this is also normal. You may also experience some blood in your urine or around your catheter when you move your bowels, this is also normal. Always make sure that the tubes are not kinked so the urine can flow freely. If the catheter is not draining well or if leakage is excessive around the cath, please call the office at **(585)232-2980.**

BOWELS: One should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements, or you may elect to use Metamucil, or add fruits and vegetables to your diet. Milk of Magnesia 30cc is recommended if your stools are hard or if you feel constipated.

FOLLOW-UP: Your follow up appointment is scheduled for N DShort at N Time in our N Loc Name office.

Please note: You will need to report to the office 10 minutes prior to your scheduled appointment time.

If you have any questions or concerns, please call us at (585)232-2980.