



Transurethral Resection of the Prostate (TURP)

DAY OF SURGERY

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- You will be transferred from the Recovery Room transferred to a 4-bed, coed postoperative unit on a surgical floor where your nurses will closely monitor your condition.
- The nurse will check your vital signs (blood pressure, pulse, respirations, temperature).
- You will have a catheter draining urine from your bladder (Foley catheter). The nurse will check the urine flow, urine color, and measure the amount of urine.
- You will have continuous bladder irrigation. You may hear this referred to as "CBI."
- You resume your usual diet.
- You will receive pain medication, intravenous (IV) fluids, and IV antibiotics.

Review the "While in the Hospital" section in your information packet. Write down any questions so you can remember to ask them.

THINGS TO DO TODAY

- Ask your nurse about your pain management program. You will be asked to rate your pain before and after taking pain medication to make sure you are comfortable.
- Use the incentive spirometer 10 times every hour while awake.



DAY 1 AFTER SURGERY

Day:_____ **Date:**_____

THINGS TO EXPECT TODAY

- You will have a blood test done in the morning.
- You will be transferred to a room on one of the surgical units.
- You will have a Foley catheter in place. The continuous bladder irrigation may be discontinued.
- You will be helped to get out of bed, if the continuous bladder irrigation is discontinued.
- Your IV may be discontinued.
- Your pain medication and antibiotic will probably be changed to an oral form.

Things To Do Today

Read the section in your information packet on "General Discharge Instructions." Make sure you read the section on "When to Call the Doctor."

Days:

- Use the incentive spirometer 10 times every hour while awake. Do coughing and deep breathing exercises every 2 hours.
- If allowed, get out of bed with the nursing staff's help. Try to be out of bed for as much as you can. You may be helped to walk around the room and in the hallway.
- Take your pain medication as needed to enable you to increase your activity. Remember the nurse will ask you to rate your pain before and after taking it.
- You will be discharged tomorrow. Confirm transportation home for tomorrow.



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Evening/Nights

- Sit in the chair for dinner. Walk periodically in the hallway. Ask your nurse if your family can walk with you.
- Use your incentive spirometer 10 times every hour. Do the coughing and deep breathing exercises.
- The staff will be making evening and night rounds. If you need anything, please ask.



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DAY 2 Day of Discharge

Day: _____ Date: _____

THINGS TO EXPECT

- A blood test may be done.
- The Foley Catheter will be removed. You need to be able to urinate without difficulty. You may have mild urinary urgency, frequency, or urinary incontinence. Your urinary condition will gradually improve.
- Review and sign your discharge plan.
- You will be given any needed prescriptions.
- The doctor and nurse will discuss the discharge plan with you. A social worker is available if needed.

THINGS TO DO TODAY

Review the sections “Going Home” and “When to Call the Doctor” in your information packet again

Write down any questions so you can remember to ask them.

- Sit in the chair for breakfast. Have breakfast as tolerated.
- Do the coughing and deep breathing exercises.
- Walk in the hallway. Try to increase the distance you walk.
- Do you have any questions about resuming activities? When you need to return to the doctor? If so, write them down.
- Your Foley catheter may be removed. You will be asked to tell the nurse when you have urinated after the catheter is removed.
- Help the nursing staff to keep track of your fluid intake and your urine output. Write down the times and amounts that you drink and the amount when you urinate.