Transurethral Resection of the Prostate (TURP)
Transurethral Incision of Prostate (TUIP)

Home Care

TURP – carving out pieces of the prostate tissue to relieve bladder outlet obstruction.

TUIP – making incisions inside the prostate to open up and relieve bladder-neck/outlet obstruction.

Changes in Your Urine
After surgery, you will have blood in your urine. Your urine will begin to clear in 2-4 days but you may notice some bleeding for up to 6 weeks. It takes the prostate this length of time to heal. You may have cloudy urine and irritation or burning when you pass urine. You may have some dribbling of urine at first. This often clears up in the first couple of days. You may also have urinary urgency or frequency for some time. Medications may be needed to calm down the bladder.

You will go home 1-2 days after surgery. You may or may not go home with a catheter in place. This depends on whether you can urinate on your own.

Things to Do to Reduce Bleeding
1. Drink when thirsty.
2. Avoid letting your bladder get too full. Such fullness causes pressure on your prostate. Urinate at least every 4 to 5 hours or sooner if you feel the need. You can expect to pass ½ cup to 2 cups (150-450 ml.) of urine at one time.
3. Avoid constipation. Straining can result in increased bleeding. It is important that you do not strain with bowel movements. Adding fruits and vegetables as well as fiber to your diet will help prevent constipation. Your provider may order a stool softener or a mild laxative.

Activity
- Do nothing strenuous for 1 week after surgery.
- You may shower, but you may not take a tub bath if you go home with a catheter in place.
- You can slowly get back to your normal routines over the next 2 to 3 weeks.

Here are some guidelines for you
1. First 2 days, after you leave the hospital, you will be at home. Limit your activity.
   - Do not lift anything over 15 pounds.
   - Avoid heavy work.
   - Do not ride in or drive a car except for the ride home from the hospital.
2. **3 – 7 days:** Start with short walks, and short car rides; increasing these as you feel better. It is OK to drive short distances after 7 days, if not on a narcotic.

3. **2-3 weeks:** You may further increase your activity. It is very common to pass some bloody urine one or two times about a week after surgery. This is nothing to be alarmed by and it usually stops on its own. You may have sex after the third week. Do not be alarmed if no fluid appears on ejaculation. At ejaculation, the fluid may go into the bladder and be passed in the urine. Also, after 3 weeks, it is OK to ride a bike, riding lawn mower, or a horse as long as you are comfortable.

**When to Call the Doctor**
- You cannot pass urine
- Your urine remains bloody and you cannot see through it (It is OK if urine is clear like cranberry juice.)
- You pass large blood clots
- Temperature is more than 100.4°F by mouth for 2 readings taken 4 hours apart

**Follow-Up Care**
Your first follow-up visit will be made for you before you go home.

**Phone Numbers**

UW Health Urology 608-263-4757
UW Health at The American Center Urology 608-440-6464
UW Health One South Park Urology 608-287-2900

**After Hours, Nights, Weekends, and Holidays,** the clinic number is answered by the paging operator. Ask for the Urology Doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

**Toll Free:** 1-844-607-4800

Your medical record number ________________________________

Your urology doctor is Dr. _________________________________

The Spanish version of this *Health Facts for You* is #6527

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2015. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4257