TransUrethral Resection of Bladder Tumor (TURBT)
Guidelines for Your Care after Surgery

What is the purpose?
The surgery is done to remove small, shallow tumors from the inside surface of the bladder for the treatment of non-invasive bladder cancer. It is also used to biopsy for larger or aggressive cancers.

How is it done?
The tumors can be removed through a probe passed up through a cystoscope. The tumors are removed through the cystoscope and sent for microscopic exam. You should have the results in 5 to 7 working days. Your doctor will talk about the results with you.

During surgery, a Foley catheter is placed in your bladder to drain the urine. After surgery, your urine may be bloody and there may be some clots in it. Continuous bladder irrigation (CBI) may be needed to clear your urine if you have a lot of clots. With CBI, a special Foley catheter is used to irrigate or flush the bladder continuously while your urine and the CBI fluid empty into a drainage bag. If you are not able to urinate on your own after the Foley catheter has been removed, you may need to go home with your catheter.
What to expect after surgery
Your urine may be bloody, but it should clear 2 – 4 days after you are home. Blood in your urine may last up to 4 – 6 weeks. You may have some irritation and burning with urination.

What to do
▪ Drink plenty of fluids, 10 – 12 (8-oz.) glasses per day.
▪ Take your pain medicine as prescribed, when needed.
▪ Get plenty of rest.
▪ Avoid letting your bladder get too full as this would increase the pressure in your bladder and make you bleed more.
▪ Avoid straining and constipation; increased pressure can cause more bleeding. You can prevent constipation by drinking fluids and adding fruit and vegetables to your diet. Stool softeners or a mild laxative may be prescribed by your doctor.

Activity restrictions
You can go back to your normal routine in 3 – 4 weeks.

During the first week at home
▪ Do not lift anything weighing more than 5 – 10 pounds
▪ No strenuous activities (i.e. aerobics, jogging, swimming)
▪ Limit stair climbing to 1 – 2 times per day
▪ No sexual activity
▪ Do not drive until OK with your doctor

During the second week at home
▪ You may slowly increase your activity, but rest when you get tired.
▪ Do not overexert yourself.
▪ You may resume sexual activity after the second week.
▪ You may drive if you are not taking prescription pain medicine and if it is OK with your doctor.

You may return to work during the third week or when your doctor allows.

When to call your doctor
▪ You cannot pass urine
▪ Your urine becomes so bloody that you cannot see through it
▪ You have clots in your urine
▪ You have increased pain in your abdomen
▪ Your fever is over 100.5° F (orally) for two readings taken 4 hours apart
▪ You have severe burning, pain, and irritation with urination
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 #6526

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