

Frequently Asked Questions

Q. How quickly after a TURP will I notice an improvement in my urinary symptoms?

Most men experience significantly stronger urine flow within a few days of surgery.

Q. What are some of the risks associated with TURP?

You may experience a urinary tract infection, or recurring UTI's after surgery. It is also common for men to experience dry orgasm, which does not affect sexual pleasure, but can interfere with your ability to father a child. Talk to your doctor to learn about all of the risks that may occur with this surgery.

Q. How long should it take me to recover from the TURP?

A typical recovery takes about 4 to 6 weeks. At this time, you should not do any strenuous activity.

Q: What can I do to make my recovery process better?

There are a few things you can do to improve your recovery. Drinking more fluids will help your bladder recover and may help some urinary symptoms. Eating fiber-filled foods or taking a stool softener may also help avoid straining during bowel movements. Be sure to rest and allow your body time to heal.

Side Effects After TURP Surgery

- There is a small risk of infection, which may need to be treated with antibiotics.
- Rarely, there may be bleeding that will require a blood transfusion or you may need to go back for another surgery.
- For most men, there is no change in their ability to have an erection after a TURP.
- Often the amount of semen seems less because of backflow into the bladder at orgasm (called retrograde ejaculation).
- These changes should not affect your sexual enjoyment or that of your partner.

Meet the Doctor

Anthony Oberle, MD
Urologist



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Transurethral Resection of the Prostate (TURP)

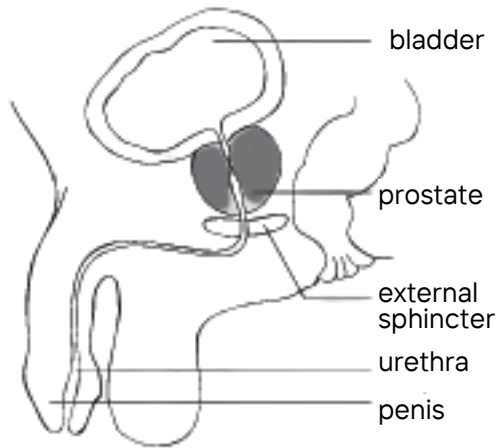
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What is a Prostate?

A prostate is a small gland, normally about the size of a chestnut. It surrounds a man's urethra (the tube through which urine flows), between the bladder and the muscle that controls urine flow.

Side view of prostate anatomy



What is a TURP?

A procedure used to treat the symptoms of Benign Prostatic Hyperplasia (BPH), or an enlarged prostate. The surgery will remove small parts of the prostate that block urine flow. Your surgeon will not make any cuts (incisions) on the outside of your body.

This procedure is done in the operating room, and most patients usually stay overnight in the hospital.



What to Expect During Surgery

- The surgery takes 1 to 2 hours and requires anesthesia to prevent pain. The two main types are:
 - **Spinal anesthesia:** Numbs the lower body via an injection in the back.
 - **General anesthesia:** Puts you completely to sleep.
- A resectoscope is inserted through the urethra—without any skin incisions—to remove prostate tissue that is blocking urine flow. The removed pieces are flushed out through the urethra.
- A catheter is placed to help drain the bladder after the procedure. It's usually removed the following day.
- After surgery, you'll recover in the Post-Anesthesia Care Unit (PACU) and may stay overnight.
- Arrange for a family member or friend to drive you home after discharge.

How to Prep for your TURP

- Stop taking aspirin, ibuprofen, or naproxen for 1 week before surgery. These medications may cause bleeding.
- You will be scheduled for a pre-operative appointment 2 weeks before your surgery to clear you for anesthesia.
- We will put in an order for you to get a urine culture. Please have this done at any lab at least 1 week before your procedure.
- Stop blood-thinning medications 7 days before the procedure. Blood-thinners are medications such as Coumadin (warfarin), Eliquis, Lovenox, Plavix, etc. Talk to your cardiologist before stopping blood-thinning medications.
- After midnight on the night before surgery, you may not eat any solid foods including candy, chewing gum, cough drops or mints.
- After midnight on the night before surgery, you can drink clear liquids only. Examples include water, black coffee, clear tea, apple juice, cran-berry juice, and sports drinks. You cannot put milk in your coffee or tea, drink juices that contain pulp, or have any types of broth.
- If your doctor told you to take your medications on the day of surgery, you may take them with a small sip of water.