Transurethral resection of the prostate has been performed to improve urination.

Your prostate was cored out (Transurethral resection of the prostate or TURP) to allow the bladder to empty more easily and improve your voiding pattern. The entire prostate is not removed by this technique; rather, the urinary channel is widened to improve the flow of urine.

**Bowel function**

Your normal bowel pattern should return when you resume your usual diet and activity. Avoid straining to have a bowel movement, as this can cause bleeding from the prostate. A non-prescription stool softener, like docusate sodium (Colace™), is often helpful in this regard.

**Activity**

Gradually resume your usual activities. Avoid straining or heavy lifting (over 10 kg or 20 lb) for about four to six weeks from the date of surgery as these activities can cause bleeding.

Sexual activity can be resumed in three to four weeks. Most men have no change in their ability to have an erection after prostatic resection, but there may be a decrease in the volume of the ejaculate (the fluid expressed at male orgasm) due to backward flow of semen into the bladder at orgasm (retrograde ejaculation).

**Hygiene**

You may shower or bathe, as usual.

**Medications**

You may be prescribed medication when you leave the hospital. You should be able to continue with your usual medications. If you have any questions contact your family doctor.

*Aspirin, arthritis medications, blood thinners and herbal supplements may all increase the risk of bleeding after surgery. Follow your doctor’s instructions with regard to resuming these medications, if applicable.*
Transurethral resection of the prostate (TURP) 
Discharge instructions

Follow-up

You may be asked to arrange a follow-up appointment after your TURP. Please contact your urologist’s office to arrange this appointment.

Your TURP follow-up appointment has been scheduled for:

Day:______________________________________________________________
Date:______________________________________________________________________________________________________________
Time:______________________________________________________________________________________________________________
Location:_________________________________________________________________________________________________________
Notes: ______________________________________________________________________________________________________________