

Transurethral resection of a bladder tumour (TURB, TURT)

Procedure

The operation is performed endoscopically through the urethra under spinal or general anaesthesia. Superficial tumour tissue is trimmed away through the cystoscope, a thin telescope inserted into the bladder through the urethra, and biopsy specimens are taken.

Recovery

After the procedure, a urinary catheter is placed, which will usually be removed before discharge from hospital. You can be discharged when you are capable of passing urine. In some cases, the catheter may be left in place until the following day, and you can remove it yourself at home. After the procedure you may have smarting pain on urination. Blood and blood clots may be passed with urine for a few days. To flush your bladder, you will be asked to **drink plenty of fluid, 1.5 to 2 litres during the first 24 hours**. Abundant fluid intake will also help prevent urinary tract infections. You can take exercise normally but you should avoid strenuous physical exertion for about two weeks.

Pain management

You can take prescription-free analgesics, as necessary.

Paracetamol

Anti-inflammatory analgesic

Other medications

An appointment can be made for a **follow-up visit** at the Outpatient Clinic of Urology, as necessary.

Sick leave is required for 1 to 2 weeks.

When to seek medical advice

If you have problems with recovery, such as signs or symptoms of inflammation, profuse bleeding or blood clots making urination difficult, please contact:

Urology Ward, telephone **(06) 213 1672**

Surgical Outpatient Clinic, urotherapist available Mondays and Wednesdays from 8.00 to 10.00 a.m., telephone **(06) 213 1537**

Day Surgery Unit, weekdays from 7.00 a.m. to 3.00 p.m., telephone **(06) 213 1552**

At other times, Accident & Emergency Clinic, telephone **(06) 213 1001** or

Your own health center or occupational health care service

- This instruction is intended for our patients who are in a care relationship •