

After incision of the prostate or bladder neck

Incision of the prostate or bladder neck is performed to relieve problems passing urine. The procedure is performed endoscopically via the urethra, usually under spinal anaesthesia. The procedure involves making incisions in the bladder neck and prostate tissue. This reduces the constriction of the urethra caused by the bladder neck and enlarged prostate, making it easier to pass urine.

There may be some bleeding from the operated area after the procedure. Your bladder will be flushed with saline solution through a catheter inserted in your urethra to prevent the blood from clotting in your bladder. The flushing will be stopped once the amount of blood in the urine has decreased. The catheter is usually worn for a few hours–1-2 days. You will be discharged when you are able to pass urine after the catheter has been removed, usually in the morning on the day after the procedure.

Urinating after catheter removal

Once the catheter has been removed you may experience a frequent need to urinate, burning and urine leakage when coughing or during physical exertion. The leakage is in most cases temporary and will cease gradually within a couple of months. You can perform pelvic floor exercises as instructed to improve your ability to hold urine.

Haematuria (blood in urine)

For two months, there may occasionally be some blood in the urine. Heavier bleeding may occur 2–3 weeks after the procedure when the scabs come off the surface of the operated area. The bleeding is harmless and will usually stop spontaneously. If urinary flow stops altogether or if the bleeding is very heavy, you must go to the nearest health care centre or prehospital and emergency medicine.

Food and drink

Drink about 1.5-2 litres of fluid a day for as long as you have any blood in your urine, unless you have been told to restrict your fluid intake because of another illness. Drinking large amounts of fluids promotes excretion of urine and prevents the formation of blood clots in the bladder. You should make sure you have regular bowel movements since straining related to constipation may cause bleeding in the operated area.

Hygiene

Frequent very hot sauna baths should be avoided for about a month as they increase blood flow in the prostate and may thus cause blood in the urine.

Sex life

The procedure will not have any effect on the ability to have sex; however, temporary loss of sexual interest and potency may occur. As a result of the procedure, semen may be directed into the bladder. This is harmless. Sexual intercourse should be avoided for about a month as it may cause blood in the urine.

Physical activity

Physical exertion or sports that involve vibration should be avoided as they may cause blood in the urine. Your doctor will decide how much sick leave you need. There are no restrictions for driving a car.

The follow-up appointment

You will be informed of your appointment times and given instructions as you are being discharged or by letter.

Contact information

Surgical ward 2
Tel 02 627 6450

Satasairaala Satakunta Hospital District
Customer Service, Tel 02 627 71

[For Satasairaala's website, go to \[www.satasairaala.fi\]\(http://www.satasairaala.fi\)](http://www.satasairaala.fi)