

Transurethral Resection of Bladder Tumour

Removal of a tumour or mucosal lesion on the surface of the bladder is performed endoscopically through the urethra. During the procedure, visible tumours are shaved off, or tissue biopsies are taken. The Blue Light method may be used during cystoscopy to improve the detection of early mucosal lesions and tumours on the surface of the bladder. When using Blue Light Cystoscopy, a photosensitising agent is injected into the bladder via a catheter 1-2 hours before the shaving. The shaving procedure is performed under spinal or general anaesthesia, so you will not feel any pain. During the procedure, your bladder may be flushed through with medicine to reduce the risk of tumour recurrence. A second procedure may be done later.

After the procedure

You may experience a more frequent need to urinate, burning and blood in the urine for about a month. The presence of blood in the urine is generally harmless and will go away by itself. There may be heavier bleeding after 2-3 weeks when the scabs come off the surface of the shaved bladder. If you stop passing urine altogether, or if the bleeding is very heavy or you develop a high fever, go to the nearest healthcare centre or hospital A&E.

Urinary catheter

During the procedure, you will be fitted with a urinary catheter if there is a lot of bleeding from the shaved surface of the bladder, and at least for as long the medicine used to flush your bladder is working (2 hours). The catheter is usually worn for a few hours–1-2 days. If there is a lot of blood in your urine, your bladder is flushed with fluid via the urinary catheter. The length of the hospital stay is about 1 day.

Food and drink

If there is blood in your urine, you should drink about 1.5-2 litres of fluid a day, unless you have been told to restrict your fluid intake because of another illness. Drinking a lot of fluids promotes the excretion of urine and prevents the formation of blood clots in the bladder. Make sure you have regular bowel movements, as straining related to constipation may cause bleeding in the operated area.

Physical exertion

You should avoid strenuous physical exertion and sports that involve vibration as they may cause blood in the urine. Your doctor will estimate how much sick leave you need. There are no restrictions for driving a car.

Hygiene

Frequent and very hot sauna baths should be avoided for a month as they may cause blood in the urine. You may shower as normal.

Sex life

The procedure will not affect the ability to have sex, but sexual intercourse should be avoided for about a month if there is blood in your urine.

Follow-up appointment

The time and frequency of follow-up appointments is decided upon individually. You will be given instructions on care at home when you are discharged. You will be informed of the results of the biopsy taken during the procedure by a letter.

Contact information

Surgical Ward 2
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Satasairaala

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

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