

Transurethral resection of the prostate and partial prostatectomy

Procedure

To make it easier for you to pass urine, the enlarged part of your prostate will be removed, either by shaving it off through the urethra, or by removing it through an incision made in your lower abdomen. The type of surgery chosen depends on the size of the prostate. The procedure is usually performed under spinal anaesthesia.

There will be some bleeding from the operated area after the procedure. Your bladder will be flushed through a catheter inserted in your urethra to prevent the blood from clotting in your bladder. Flushing will continue until the amount of blood in the flushing solution decreases. The catheter usually remains in place for 1-3 days after shaving, depending on the amount of blood in urine. Following surgery, the catheter is left in place for 4-5 days.

Urinating after the catheter is removed

Once the catheter has been removed you may experience bladder irritation, a frequent need to urinate or urine leakage, e.g. 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.

If you had a catheter inserted via the urethra before the procedure due to poor emptying of the bladder, the urologist may decide to insert a new (peritoneal) catheter through the abdominal wall during the shaving procedure. This catheter is inserted to ensure that your bladder is emptied; it acts a kind of "emergency exit". Once the urethral catheter is removed you should start urinating normally. After urinating, you should check the peritoneal catheter to make sure that the bladder is empty. When the volume of urine passing through the peritoneal catheter is repeatedly 100-200 ml or less, it can be removed by a nurse at your health care centre. Please make an appointment at your health care centre to have the catheter removed.

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 prostate. This is harmless and will usually stop spontaneously. If you stop passing urine 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 some other illness. Make sure you have regular bowel movements as straining related to constipation may cause bleeding. A diet high in fibre along with a sufficient intake of fluids promotes healthy bowel function.

Hygiene

You should wash your private parts every day to prevent infections. 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. If you are experiencing incontinence, you may use incontinence pads that are available from supermarkets or pharmacies.

You should check the peritoneal catheter daily to make sure it is properly attached and for presence of any exudate at the catheter exit site. The condition of the skin should also be checked daily. The exit site should be rinsed under a shower every day, or more frequently if there is any exudate. If there is any exudate at the catheter exit site, cover it with gauze dressing that you change daily after showering. If there is no exudate, no dressing is required.

Sex life

Generally, prostate surgery will not have any effect on the ability to have sex, but sexual intercourse should be avoided for about a month as it may increase blood in the urine. After the procedure, semen is usually directed into the bladder, and eliminated with the next urination. The sensations associated with ejaculation remain unchanged, but slight temporary loss of sexual interest and potency may occur.

Physical activity

You can engage in physical activity based on how you are feeling and spend some time outdoors every day. However, you should avoid 4 weeks strenuous work, physical exertion and sports that involve vibration as they may cause blood in the urine. There are no restrictions for driving a car. Your doctor will decide how much sick leave you need.

Medication

Medication for prostatic hyperplasia (enlarged prostate) is no longer required after the procedure. Pain relievers available from the pharmacy without a prescription may be used unless you have been given other instructions.

Follow-up appointment

The follow-up appointment will take place at the Surgical Outpatient Clinic 6 months after the procedure. You will be informed of your follow-up appointment time and the time of the laboratory examinations prior to it, and given instructions as you are being discharged. The results of the tissue biopsy taken during the procedure will be sent home or given to you at the follow-up appointment.

Contact information

Surgical Ward 2
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Satasairaala
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