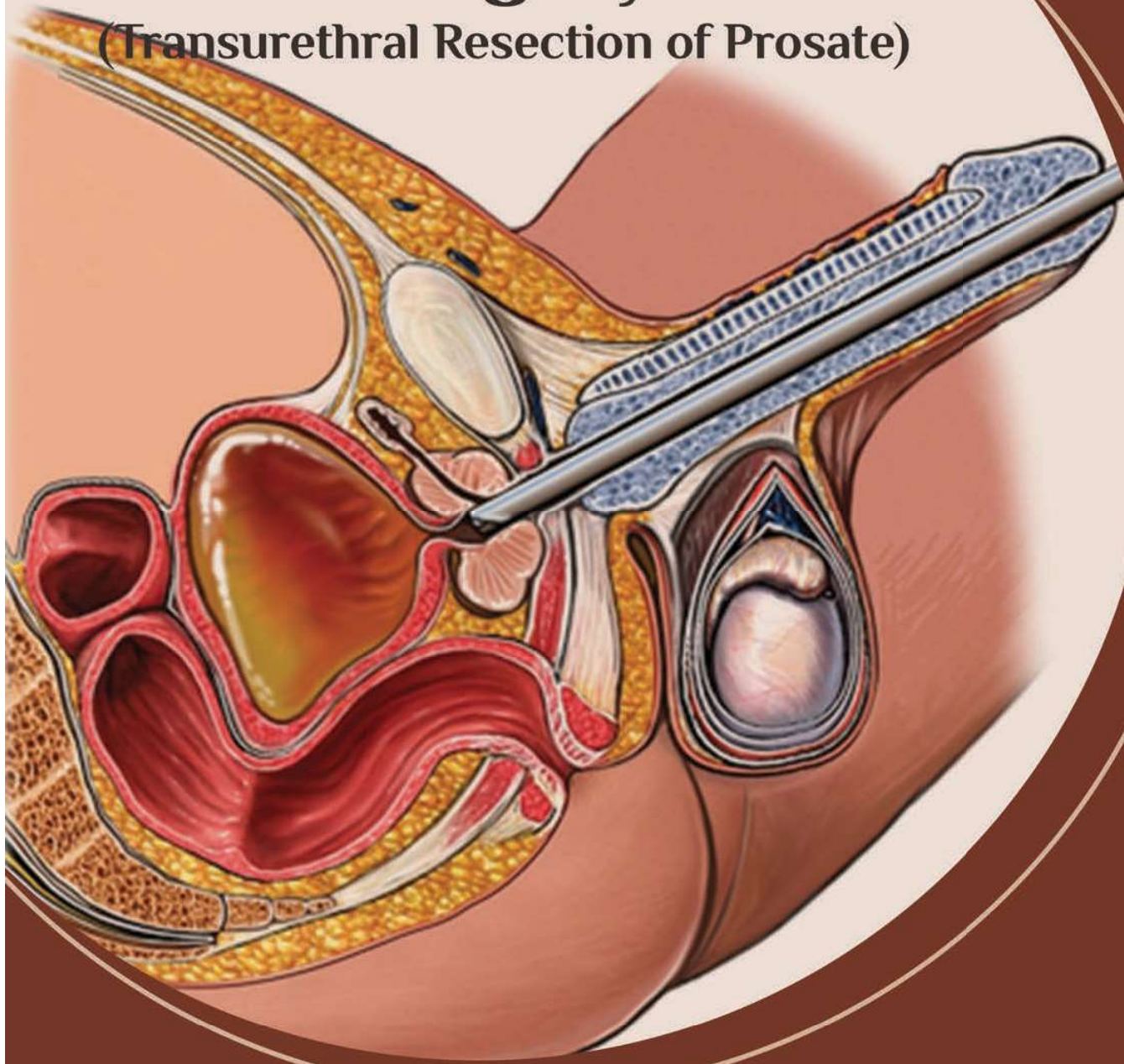


*Patient FAQs*

# TURP Surgery

(Transurethral Resection of Prostate)



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Transurethral Resection of Prostate (TURP) is a common, effective surgical procedure to treat urinary problems (such as weak flow or frequent urination) caused by an enlarged prostate. It involves removing the inner portion of the prostate gland through the penis using a Cystoscope, requiring no external incisions. The surgery usually involves a 1 – 4 day hospital stay, with full recovery taking 2 – 4 weeks

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# 1 What is TURP?

TURP (Transurethral Resection of the Prostate) is a surgical procedure used to treat urinary symptoms caused by an enlarged prostate, also known as Prostatic Hyperplasia (BPH). During TURP, the surgeon removes a portion of prostate tissue through the urethra using a special instrument called a resectoscope, without any external incisions.

# 2 Why is TURP Needed? (Indications)

You may need TURP if you have moderate to severe urinary symptoms that do not improve with medications. These may include:

- Frequent or urgent need to urinate
- Difficulty starting urination
- Weak or interrupted urine stream
- Nighttime urination (nocturia)
- Feeling of incomplete bladder emptying
- Repeated urinary tract infections
- Urinary retention (inability to urinate)
- Bladder stones or bladder damage due to long-standing obstruction

TURP is also recommended when complications of prostate obstruction occur, such as:

- Recurrent urinary retention
- Kidney or bladder damage
- Recurrent hematuria (blood in urine)

# 3 How the TURP Procedure is Performed

- The surgery is done under general or spinal anesthesia.
- A resectoscope is inserted through the urethra (no cuts on the skin).
- The surgeon trims and removes the excess prostate tissue blocking urine flow.
- Bleeding vessels are sealed using electric cautery.
- A catheter is placed after surgery to help drain urine and allow healing.
- The procedure usually takes 60–90 minutes.

# 4

## What to Expect After Surgery (Recovery Timeline)

### Hospital Stay

Typically 1–3 days in the hospital.



### Catheter Use

Stop blood thinners (aspirin, warfarin) as directed  
Continue essential medications with small sips of water



### Common Symptoms During Recovery

- Burning during urination
- Frequent or urgent urination
- Pink or slightly bloody urine (up to several weeks)
- Bladder spasms



### Activity Guidelines

- Avoid heavy lifting, strenuous exercise, or long sitting for 3–6 weeks.
- Short, gentle walks are encouraged.
- Avoid sexual activity for 3–4 weeks.



### Total Recovery Time

Most patients recover within 4–6 weeks.



## Expected Outcomes

Most patients experience significant improvement in urinary symptoms, including:

- Better urine flow
- Fewer nighttime trips to the bathroom
- Reduced urinary urgency
- Ability to empty the bladder more completely



## Outcomes data show:

- Low risk of major complications
- High success and satisfaction rates
- Significant long-term improvement in urinary flow and symptoms



## Possible Risks and Side Effects

### Common risks include:

- *Temporary difficulty urinating*
- *Urinary tract infection*
- *Retrograde ejaculation (dry orgasm) – long-term but harmless*
- *Erectile dysfunction (low risk)*
- *Bleeding*

### Rare but possible risks:

- *Urethral stricture*
- *Bladder neck stenosis*
- *Incontinence*

# Frequently Asked Questions

## Frequently Asked Questions (FAQ)

Q1:

**Will TURP cure my symptoms?**

Most men have long-lasting relief from urinary symptoms, though future prostate growth can still occur.



Q2:

**Will I still be able to have sex?**

Yes, but ejaculation often becomes "dry" (retrograde ejaculation). This does not affect sexual pleasure but can affect fertility.



Q3:

**Will I need to stay in the hospital?**

Most patients stay 1–3 days.



Q4:

**When can I return to work?**

Many patients return to light duties in 1–3 weeks, depending on job type.



Q5:

**Is the surgery painful?**

You will be under anesthesia, and pain afterwards is usually mild and managed with medication.



Q6:

**How long will I see blood in my urine?**

Pinkish urine may persist for 3–6 weeks during healing.



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## 8 How to Care for Yourself at Home

- Drink plenty of water (8–10 glasses daily).
- Avoid bladder irritants (coffee, soda, alcohol).
- Eat a high-fiber diet to avoid straining.
- Take only doctor-approved medications.

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### ***Key Details About TURP***

***Procedure:*** A resectoscope is inserted through the urethra. The surgeon uses a wire loop to cut away obstructing prostate tissue and seals blood vessels with electric current.

***Recovery:*** A catheter is left in the bladder to drain urine for 1–3 days post-op.

***Alternatives:*** If the prostate is too large, other options like open prostatectomy or laser therapy (Laser TURP) may be used

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