



Wake Forest University Baptist  
**MEDICAL CENTER**®

*Urology*

## **Discharge Instructions Following a Transurethral Resection of the Prostate (TURP)**

Some patients are sent home with a foley catheter (a hollow tube which drains urine from your bladder), while others go home urinating on their own. If you still have your catheter, you will also receive a set of instructions regarding catheter management.

1. After your surgery, it is common to have some blood in the urine. The urine may appear pink or even red. If you start to notice thick blood or many blood clots in the urine, call your physician. Otherwise, drink a lot of fluids in order to dilute the urine well. If you no longer have a catheter, you should be urinating on your own. If you are unable to urinate or you feel abdominal fullness, sitting in a tub of warm water (sitz bath) may help; if not, call your physician.

2. If you have a fever over 101°F, call your physician.

3. You may experience weakness after you go home; this is normal. You will slowly regain your strength, during which time you may *gradually* increase your level of activity.

Do not exercise, lift heavy objects, drive, or resume sexual activity until you are told to do so by your physician.

You may walk around and even climb stairs.

Do not allow yourself to become constipated, as straining may cause bleeding. Take stool softeners (eg. Colace) or a laxative (eg. Senekot, ExLax) if needed.

4. Most patients are discharged home with a few days of antibiotics. Take these pills as instructed. If you miss one dose, resume with the next dose and complete the entire course of therapy.

5. After you arrive at home, call your Urologist's office to arrange a follow-up appointment.