

INSTRUCTIONS: POST TURBT (Transurethral Resection of Bladder Tumor)

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

- It is okay to shower. No bathing until seen by the doctor.
- It is okay to climb stairs when discharged from the hospital.
- Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.
- Avoid any heavy lifting or strenuous exercise for 3-4 weeks.

DRIVING:

It is okay to drive if you feel up to it.

ANTIBIOTICS:

You will be given a prescription for antibiotics. Please make sure you take all of your antibiotics.

FOLEY CATHETER:

Most patients have their catheter (tube in the bladder which drains your urine) removed prior to being discharged. If you go home with a catheter it will remain in for about 1-2 weeks after the surgical procedure. It is normal to feel some pressure and discomfort. You may experience some leaking around the catheter - this is also normal. It is also normal to have some blood in your urine or around the catheter when you move your bowels. Always make sure that no tubes are kinked so the urine can flow freely. If it becomes plugged please call our office.

SEXUAL ACTIVITY:

No sexual activity for 3-4 weeks.

BOWELS:

One should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements. 30 cc of Milk of Magnesia is recommended if your stools are hard.

FOLLOW-UP:

Our office staff will contact you to make an appointment to see the doctor in 2-4 weeks.

You will notice some bleeding and small clots when you urinate (pass your water). This is normal. If you have continuous bleeding with the passage of large clots, or if you are unable to urinate please call the office.

