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TURP: Trans-urethral resection of the prostate.

A TURP is the most common procedure performed to treat men with symptoms due to BPH (non cancerous prostate enlargement).

The TURP has been and remains the gold standard surgical treatment for BPH.

Indications for a TURP include:

- Urinary symptoms refractory to medical management
- Intolerance of medication due to side effects or a desire to cease medication and have a permanent solution
- Urine retention (inability to pass urine), recurrent UTI's and recurrent blood in urine due to prostate bleeding

A TURP is performed in hospital in the operating room. It will be performed under either a general anaesthetic or a spinal anaesthetic (regional nerve block). Either way, you will not have any pain or discomfort during the procedure.

A TURP is performed by passing a rigid cystoscope camera down the penis. A resectoscope device is attached to the camera and uses a loop with an electrical current (diathermy) to progressively shave away the inside of the prostate which is obstructing the urethra/urine pipe. Hence, this procedure is often referred to as a "Re-bore".

Typically, 30-50% of the prostate volume will be removed during the procedure, taking up to 1 hour. The outer part of the prostate is not removed during the procedure. The procedure is likened to coring out the centre of an apple – i.e. the outer part remains but there is a wide channel through the middle to improve urination.

At the end of the procedure, a catheter will be inserted into the bladder. This will drain the urine for the next 24-48 hours. The catheter will be connected to irrigation fluid to wash out any bleeding from the prostate. The catheter will typically be removed after 24-48 hours.

Once the catheter is removed, you will remain in hospital for another few hours until you are easily passing urine and emptying your bladder.

You will have a follow up appointment 4-6 weeks after the surgery.

A TURP is a very safe and effective treatment for BPH. Typical side effects however include:

- Blood in the urine – lasts between 2-4 weeks
- Dysuria – burning passing urine
- Urgency – sudden desire to pass urine. This may last 1-2 months after the surgery. If the urgency is very bad, you may be prescribed a bladder medication to help resolve this
- Loss of ejaculation – it is normal to lose ejaculation after a TURP. The ejaculation fluid will pass into the bladder and pass in the urine. Orgasm sensation will remain, however some men feel this sensation is altered
- Erectile dysfunction – it is rare to experience significant ED after a TURP, however some men who have ED prior to the surgery may note their erections are weaker after the procedure
- Incontinence – it is very rare these days to experience urine leakage after a TURP

Recovery

- The recovery after a TURP is typically very fast. Because there is no external wound or stitches, the main issue is refraining from over doing it or causing exertion for the first 1 month
- You should not drive a car for a few days after the TURP, until there is minimal blood in the urine and you feel you have good control of the bladder
- Avoid exercising or strenuous activities for 1 month after the TURP
- If you do a physical type job (eg manual labour), you should have off a minimum of 2 weeks after the TURP
- If you perform an office based desk job, you will likely be able to return to work duties if you wish within a few days