

This leaflet contains the most recent information from the British Association of Urological Surgeons (BAUS)

If you require any further information you can gain more via:

www.baus.co.uk

www.cancerresearchuk.org

www.nice.org/bladdercancer

www.bladder-cancer.net

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Trans Urethral Laser Ablation TULA Procedure

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in alternative languages / formats on request.

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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Details of the procedure

- **What is a cystoscopy**

A cystoscopy is a procedure that looks at the bladder and other parts of the urinary system. It involves inserting a special fibre-optic telescope in to the urethra (the tube that passes through to the bladder). This is an outpatient procedure and is carried out in the Urology Unit at St Helens Hospital

- **What is laser ablation**

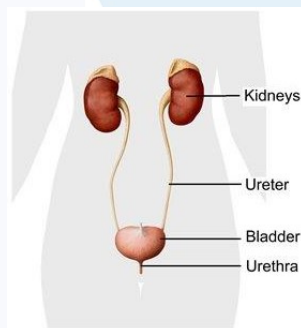
Your previous cystoscopy, or other examination/scan has shown that you may have an abnormal area or tumour in your bladder. Your consultant has recommended laser ablation (removal) in order to diathermy (burn) the areas away

- **Before the procedure**

We may give you an antibiotic injection before the procedure to reduce the likelihood of developing an infection. You will also have a short consultation with the consultant or member of the team

- **During the procedure**

We will ask you to lie down on your back on the examination couch. The opening of your urethra (water pipe) and surrounding area will be cleaned. An anaesthetic gel will be put into your urethra. This reduces discomfort when the cystoscope is inserted.



Is there any way I can prevent post-procedure problems?

Yes there are several measures that will help:

- Drink plenty of fluid; you should aim to drink at least two litres daily for two or three days following your procedure. This will dilute your urine and reduce any discomfort when you pass urine. It also helps to keep the bladder flushed, so that blood clots are less likely to develop and the urine continues to flow easily
- Take paracetamol if you have any discomfort
- Try to stay active; this will help speed up your recovery
- Watch out for urine infection. If you develop a fever or if your urine becomes cloudy or thick, you could have an infection. You should contact your GP and have a course of antibiotics

When will I need to seek help?

Please contact your doctor or go straight to the Accident and Emergency Department if you have signs of infection such as:

- Extreme pain
- Have continuous or excessive bleeding
- Pass blood clots
- Have a raised temperature (38⁰C or above)
- Difficulty passing urine

Before you go home

We will tell you how the procedure went and you should:

- Make sure you understand what has been done
- Ask the surgeon if everything went as planned
- Let the staff know if you have any discomfort
- Following the procedure a letter will be sent to your GP informing them of the procedure/ outcome / follow-up

You will be awake throughout the procedure

The nurses will give you protective glasses to wear throughout the procedure to protect your eyes from the laser beam.

When the cystoscope has been gently passed into the bladder, the doctor will insert sterile water into your bladder. This will help them to see the lining of your bladder more clearly. It will make your bladder feel full but do not worry as we will empty it at the end of the procedure.

A biopsy (a sample) will be necessary if there is a bladder lesion or area of concern.

The laser fibre is passed through the flexible telescope and the tumour/abnormal area is destroyed from the lining. This is usually painless, however you may experience slight discomfort.

Approximate time for the procedure varies between 10 - 20 minutes.

What happens on the day of the Procedure?

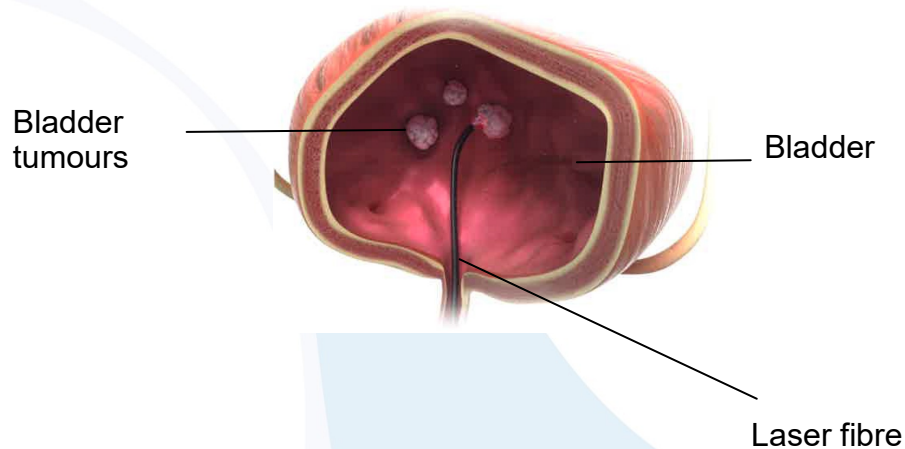
As the procedure is done under a local anaesthetic, there are no special preparations.

You can take all your morning medication before coming to the hospital. When you are seen in clinic before you have the laser treatment you should let the Doctor or Specialist nurse know if you are taking any medicines in particular antibiotics or anticoagulants (medicine that helps to prevent clots forming) this includes:

- Aspirin
- Warfarin
- Clopidogrel
- Apixaban

You should continue to take all your medicines as normal unless you have been advised otherwise by the doctor that organised your laser treatment. If you have any questions please contact the Urology Department.

Diagram of procedure



- It is best to arrive for your appointment with a full bladder, as on your arrival you will be asked to produce a urine sample for analysis prior to undergoing the procedure
- If the urine analysis shows evidence of infection the TULA procedure will have to be cancelled to prevent a septic episode

Are there any alternatives?

- This procedure can be done under a general anaesthetic (you are asleep) but this may not be recommended due to health reasons. If you wish to discuss this please speak to your doctor.

What are the risks?

Side effects:

- Mild burning sensation while passing urine for a short period of time after the procedure
- Infection in your bladder requiring antibiotic treatment
- Delayed or on-going bleeding requiring further treatment such as a catheter or even admission to hospital
- Secondary haemorrhage can occur in two to three weeks and is often due to an infection in your bladder

Rare side effects:

- Temporary insertion of a catheter (this may be required if you are unable to pass urine)
- Delayed bleeding requiring further surgery