

Who can I contact if I have a problem when I get home?

If you experience any problems related to your surgery or admission once you have been discharged home. Please feel free to contact 4A, 4B or 4C ward for advice from the nurse in charge. They will assist you via the telephone, advise you return to your GP or ask you to make your way to the ED department at Whiston Hospital depending upon the nature of your concern.

4A Ward – 0151 430 1420

4B Ward – 0151 430 1637

4C Ward – 0151 430 1643

Who can I contact for more help or information?

Best Health (prepared by the British Medical Association)

NHS Clinical Knowledge Summaries (formerly known as Prodigy)

NHS Direct

Patient UK

Royal College of Anaesthetists (for information about anaesthetics)

Royal College of Surgeons (patient information section)

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600



Transurethral Resection of a Prostate

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

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

Author: Urology Department
Department: Urology
Document Number: STHK0961
Version: 3
Review date: 01 / 09 / 2024

Your doctor has trimmed the central obstructing part of your prostate using a heated wire loop passed telescopically through your urethra (water pipe).

You are likely to feel tired and “under the weather” for 1 to 2 weeks

When you get home it is important to drink plenty of fluids (about 2 litres daily) for the first 24-48hrs to flush your system through.

Your recovery may be enhanced by remaining active and resuming normal activities as soon as you feel able to do so. But please avoid any heavy lifting within the first 2 weeks.

You can start having sex again as soon as you are comfortable, usually after 3 - 4 weeks.

It is common to experience the desire to pass urine more frequently than usual, to have a mild burning sensation while passing urine, or blood in your urine for a few days following this operation (blood in your urine may settle but then begin again and this can occur for up to 2-3 weeks after your operation). Medical intervention is not usually required.

It is helpful to start pelvic floor exercises as soon as possible after the operation.

This can improve your control when you get home.

If you need any specific information on these exercises an information sheet can be obtained from the nursing staff on the ward.

If you develop a fever or your urine becomes cloudy or has an offensive odour, you could have an infection. In this event, you should promptly contact your GP surgery for further assessment.

A small number of patients will occasionally require antibiotics to treat any proven urinary tract infection.

Please contact your GP / Urology ward for advice or go to the Emergency department if you notice excessive bleeding, passage of large blood clots, severe pain or inability to pass urine.

If you normally take Aspirin, Clopidogrel, Warfarin, Rivaroxaban or Apixaban to thin your blood, you will be told when to resume taking them prior to your discharge.

A clinic appointment will be arranged by your Urologist to check on your progress and discuss the result from analysis of the chippings shaved from your prostate.

¹British Association of Urology (BAUS) website. Accessed on 07/09/2015

http://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Nephrostomy.pdf

Students

There may be students present during your consultation as part of their on-going training. Please let the staff know if you wish to be seen by a doctor only.