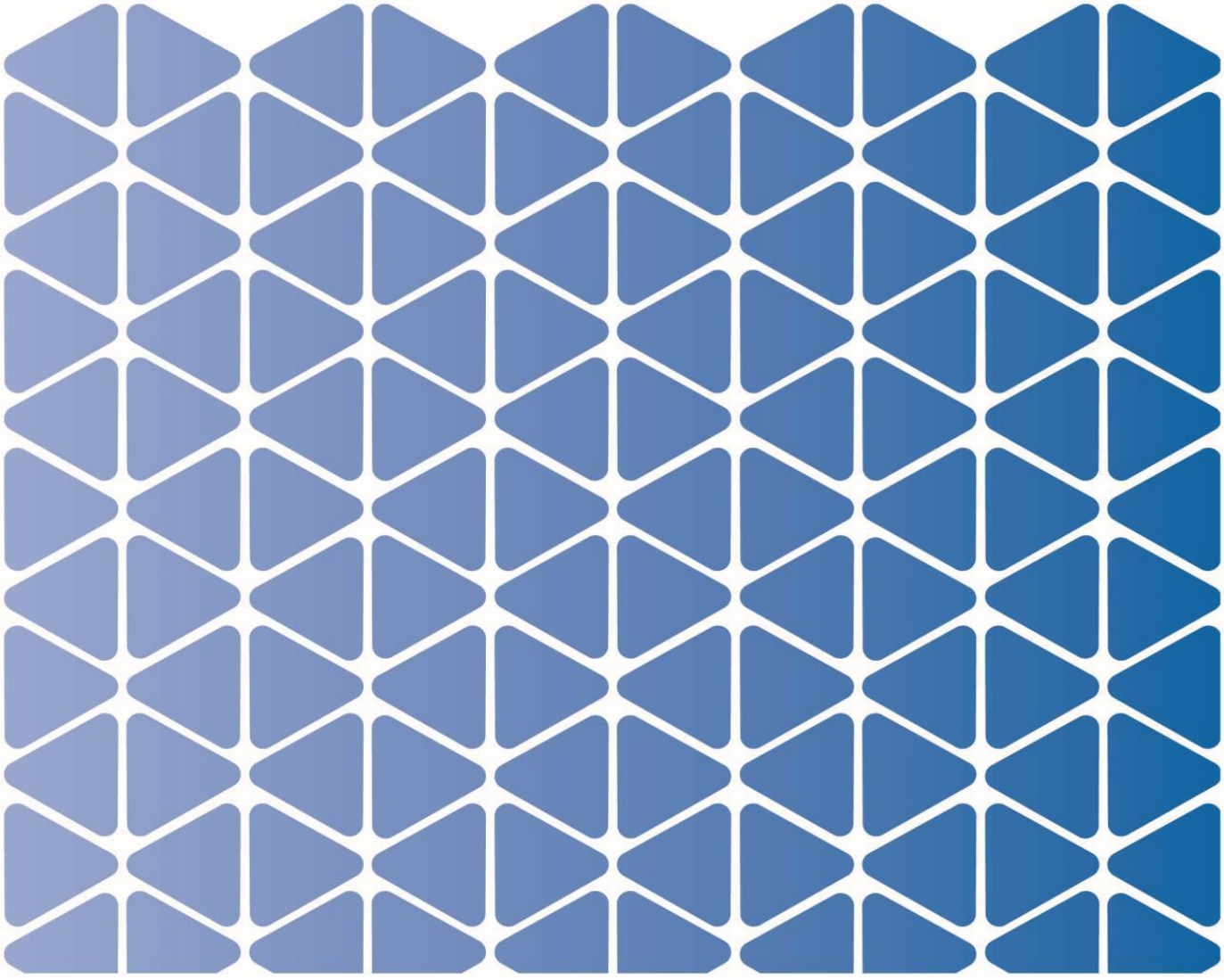
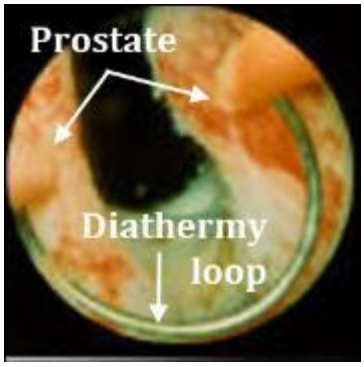
PATIENT INFORMATION

TRANSURETHRAL RESECTION OF THE PROSTATE (TURP)



Department of Urology



It has been recommended that you have a transurethral resection of the prostate (TURP) which is the name given to the operation to remove part of the prostate gland which is causing you to have problems with passing urine.

The prostate is a gland found only in men that sits just below the bladder. It surrounds the tube (urethra) which passes urine out through the penis. Fluid produced by the prostate forms part of the semen and helps nourish sperm.

As men age the prostate often increases in size. The amount of enlargement varies from man to man. In some cases it becomes large enough to put pressure on the urethra. This can cause problems with urination such as not emptying the bladder fully, poor stream, an urge to pass urine more often or not being able to pass urine at all. This condition is usually due to an enlargement of the prostate gland called benign prostatic hyperplasia (BPH).

This leaflet explains some of the benefits, risks and alternatives to the operation. We want you to have an informed choice so you can make the right decision. Please ask your surgical team about anything you do not fully understand or want to be explained in more detail.

We recommend that you read this leaflet carefully. You and your doctor (or other appropriate health professional) will also need to record that you agree to have the procedure by signing a consent form.

Benefits of the procedure

The aim of the surgery is to relieve urinary symptoms by removing the part of the prostate gland that is causing the obstruction.

Serious or frequent risks

Everything we do in life has risks. A TURP is generally a safe surgical procedure. Occasionally complications can arise because of the procedures invasive nature.
The general risks of surgery include problems with:

- Breathing (for example, a chest infection)
- The heart (for example, abnormal rhythm or, occasionally, a heart attack)
- Blood clots (for example, in the legs or occasionally in the lung)
- Stroke
- Death

Those specifically related to TURP include:

- Common risks (Greater than 1 in10):
  - Bleeding – mild bleeding after TURP is common. Occasionally the bleeding is severe enough to require a blood transfusion. Rarely, there is excessive bleeding which may require a further operation to stop it.
  - Mild burning of urination after the procedure.
  - Residual bladder over activity – urgency of urination is a common problem with an enlarged prostate. This can take up to 6 months (and occasionally longer) to settle down. There is a 25% risk that it will not resolve completely. However, there are tablets that may help.
  - Retrograde ejaculation – most men find that a lasting side effect of a TURP is dry orgasm (retrograde ejaculation). This happens because the surgery makes it possible for semen to travel back up into the bladder rather than out through the penis at the time of orgasm. However, this should not interfere with sex and, after recovery from the operation, most men return to the same level of sexual activity as before.
  - Reduced fertility – because of the ‘dry orgasm’ you are unlikely to father children after this operation. It is important to let your GP and Urologist know if you are planning to have children. On the other hand, it is not 100% certain that you will be sterile either so you cannot rely on this as an effective method of contraception.
  - Impaired erection – in a small number of cases some men may develop erection problems. You should discuss the likelihood of impotence and infertility with your Urologist before the operation. Many patients are not concerned about sexual side effects. However, if your sexual life is important, you must consider this when deciding on any surgical treatment.
  - Treatment may not stop all of your symptoms.

- Infection of the bladder, testicles or kidney – this is usually easily treated with antibiotics.
- Need for re-operation – about 1 in 10 men who have a TURP or similar operation will require another in a 10 year period. This can be due to scarring which can cause a narrowing (stricture) at the bladder neck or within the water pipe or to the prostate tissue re-growing.
- Injury to the urethra causing delayed scare formation.

- Occasional risks (Between 1 in 10 and 1 in 50):
  - Finding unsuspected cancer in the removed tissue which may need further treatment.
  - Incomplete bladder emptying – some men continue to have problems emptying their bladder completely. Occasionally this requires either learning how to pass a catheter yourself 2-3 times a day or having a catheter inserted that stays in. This is normally due to a weak bladder muscle and is more likely to happen if you already have problems emptying your bladder, or if you already need a catheter.
  - Failure to pass urine after surgery requiring a new catheter.
  - Persistent urinary leakage or incontinence – urine leakage after TURP is usually only a temporary side effect which improves in time. However, persistent leakage can occur. This happens to about 1 in 100 men who have a TURP.

- Rare risks (Less than 1 in 50):
  - TURP syndrome – it is possible for too much of the fluid used to flush the bladder during and after the operation to be absorbed into the body. This can temporarily upset the balance of salts in the blood. This can be harmful, especially for people who already have heart or kidney problems.
  - Perforation of the bladder requiring a temporary urinary catheter or open surgical repair.

- Hospital-acquired infection
  - Colonisation with MRSA (0.9% - 1 in 110)
  - MRSA bloodstream infection (0.02% - 1 in 5000)
  - Clostridium difficile bowel infection (0.01% - 1 in 10,000)

The rates for hospital-acquired infection may be greater in high-risk patients, for example those patients

- ❖ With long-term drainage tubes.
- ❖ Who have had their bladder removed due to cancer.
- ❖ Who have had a long stay in hospital.
- ❖ Who have been admitted to hospital many times.

Most people will not experience any serious complications from their surgery. The risks increase for the elderly, those who are overweight and people who already have heart, chest or other medical conditions such as diabetes or kidney failure.

A skilled team of doctors, nurses and other healthcare workers who are involved in this type of surgery every day will care for you. If problems arise, we will be able to assess them and deal with them appropriately.

Other procedures; that are available

There are some newer minimally invasive surgical techniques available. However, they are not suitable for everyone.

Possible alternatives to TURP include:

- ➢ Permanent catheter insertion.
- ➢ Rezum – steam injection into prostate to shrink prostate. Less sexual side effects. No long term data. Not yet available in WAHT.
- ➢ UroLift – staples embedded into prostate to open channel. Less sexual side effects. This may affect MRI prostate scan results in the future. No long term data. Not yet available in WAHT.
- ➢ Laser ablation.
  This technique involves a laser probe being inserted gently up the penis into the enlarged prostatic area. Laser energy is fired to this area under direct visual guidance of the Urologist to reduce the size of the enlarged prostate gland. A short period of catheterisation is usually required afterwards until the swelling in the prostatic tissue settles. This technique results in less bleeding than with TURP, shorter hospital stay and recovery time, and produces good improvements in urinary flow rates and symptom reduction.
- ➢ Prostatic stent.
  This is a short tube that can be inserted into the urethra to help improve the flow of urine. However, a stent usually becomes blocked over time and is probably best suited for men who cannot have surgery.

Your Urologist will discuss with you the best option for you.

Your pre-operative assessment

Before you are admitted for your operation, you may be required to attend for a pre-operative assessment, to ensure that you are fit for surgery. It is important that you attend for this appointment to avoid delaying your surgery.

Not all patients require a detailed pre-operative assessment and a health questionnaire is used to determine which patients require a full assessment. You may therefore be asked to complete a health questionnaire immediately after you have been listed for your surgery. The health questionnaire may be on paper or on a tablet/computer. The information required includes all medical conditions, regular medications, allergies to medications and your previous anaesthetic history. The information you give us will be reviewed by the pre-operative assessment team. If you do not require further assessment you will then be given a date for surgery. If you require further assessment you will be given an appointment to attend the pre-operative assessment clinic.

At the clinic, the nursing staff will confirm the medical information you have previously given. You will likely have an examination of your heart and lungs and some further tests may be required, such as a blood test, X-ray, heart test or lung test. If a more detailed assessment or discussion is required you may see an anaesthetist prior to your admission for surgery. This may require an additional appointment.

If you are taking prescribed medicines please bring a copy of your repeat prescription to your appointment and a copy of the operation consent form (if you were provided with a copy at your out-patient appointment).

Following your assessment, the staff will provide you with written information regarding preparation for your surgery and a point of contact. It is important that you follow the fasting instructions given on your admission letter.

Being admitted to the ward

You will usually be admitted on the day of your surgery. You will be welcomed on to the ward and your details checked. We will fasten an armband containing your hospital information to your wrist.

You will usually be asked to continue with your normal medication during your stay in hospital, so please bring it with you, in the green bag provided for you at pre-operative assessment.

Your anaesthetic

Your surgery will usually be carried out under a general anaesthetic. This means that you will be asleep during your operation and you will feel nothing. Alternatively a spinal anaesthetic (a spinal) may be used for this type of operation.

Before you come into hospital

There are some things you can do to prepare yourself for your operation and reduce the chance of difficulties with the anaesthetic.

- If you smoke, consider giving up for several weeks before the operation. Smoking reduces the amount of oxygen in your blood and increases the risks of breathing problems during and after an operation.
- If you are overweight, many of the risks of anaesthesia are increased. Reducing your weight will help.
- If you have loose or broken teeth or crowns that are not secure, you may want to visit your dentist for treatment. The anaesthetist will usually want to put an airway in your mouth to help you breathe. If your teeth are not secure, they may be damaged.
- If you have long-standing medical problems, such as diabetes, hypertension (high blood pressure), asthma or epilepsy, you should consider asking your GP to give you a check-up.
- If you become unwell or develop a cough or cold the week before your surgery please contact the pre-operative assessment team on the number provided. Depending on your illness and how urgent your surgery is, we may need to delay your operation as it may be better for you to recover from this illness before your surgery.

Your pre-surgery visit by the anaesthetist

After you come into hospital, the anaesthetist will come to see you and ask you questions about:

- Your general health and fitness.
- Any serious illnesses you have had.
- Any problems with previous anaesthetics.
- Medicines you are taking.
- Allergies you have.
- Chest pain.
- Shortness of breath.

- Heartburn.
- Problems with moving your neck or opening your mouth.
- Any loose teeth, caps, crowns or bridges.

Your anaesthetist will discuss with you the different methods of anaesthesia they can use. After talking about the benefits, risks and your preferences, you can then decide together what is best for you.

On the day of your operation
Nothing to eat and drink (nil by mouth)

It is important that you follow the instructions we give you about eating and drinking. We will ask you not to eat or drink anything for six hours before your operation. This is because any food or liquid in your stomach could come up into the back of your throat and go into your lungs while you are being anaesthetised. You may take a few sips of plain water up to two hours before your operation so you can take any medication tablets.

Your normal medicines

Continue to take your normal medicines up to and including the day of your surgery. If we do not want you to take your normal medication, your surgeon or anaesthetist will explain what you should do. It is important to let us know if you are taking anticoagulant drugs (for example, warfarin, aspirin, clopidogrel, persantin or dabigatran).

Your anaesthetic

When it is time for your operation, a member of staff will take you from the ward to the operating theatre. They will take you into the anaesthetic room and the anaesthetist will get you ready for your anaesthetic.

To monitor you during your operation, your anaesthetist will attach you to a machine to watch your heart, your blood pressure and the oxygen level in your blood.

General anaesthetic

General anaesthesia usually starts with an injection of medicine into a vein. A thin plastic tube (venflon) will be placed in a vein in your arm or hand and the medicines will be injected through the tube. Sometimes you will be asked to breathe a mixture of gases and oxygen through a mask to give the same effect.

Spinal anaesthetic

A spinal anaesthetic involves the injection of a local anaesthetic drug through a needle into the small of your back to numb the nerves from the waist down to the toes for 2 – 3 hours. You will be asked to either sit on the side of the bed with your feet on a low stool or lie on your side, curled up with your knees tucked up towards your chest. You will remain awake during this procedure. You may feel some discomfort in your lower back or legs whilst the anaesthetic is being injected. The anaesthetic staff will support and reassure you during the procedure. As the spinal begins to take effect your anaesthetist will measure its progress and test its effectiveness. A spinal should cause you no unpleasant feelings and usually takes only a few minutes to perform. Once the injection is finished you will normally be asked to lie flat as the spinal works quickly and is usually effective within 5 – 10 minutes. Your skin will initially feel numb to touch and your leg muscles will feel weak. Once the injection is working fully you will be unable to move your legs or feel any pain below the waist.

Your anaesthetist will ensure that you are comfortable throughout the procedure.

Pain relief after surgery

Pain relief is important to aid your recovery from surgery. This may be in the form of tablets, suppositories or injections. Once you are comfortable and have recovered safely from your anaesthetic, we will take you back to the ward. The ward staff will continue to monitor you and assess your pain relief. They will ask you to describe any pain you have using the following scale.

0 = No pain
1 = Mild pain
2 = Moderate pain
3 = Severe pain

It is important that you report any pain you have as soon as you experience it.

What are the risks?

The risk to you as an individual will depend on whether you have any other illness, personal factors, such as smoking or being overweight and surgery that is complicated or prolonged.

General anaesthesia is safer than it has ever been. If you are normally fit and well, your risk of dying from any cause while under anaesthetic is less than one in 250,000. This is 25 times less likely than dying in a car accident. The side effects of having a general anaesthetic include drowsiness, nausea (feeling sick), muscle pain, sore throat and headache. There is also a small risk of dental damage.

The side effects of having a spinal anaesthetic are headache, low blood pressure, itching of the skin due to the drugs injected and temporary difficulty in passing urine. Rare complications of a spinal anaesthetic are temporary loss of sensation in your legs, ‘pins and needles’ or muscle weakness in your legs. Permanent damage to the nerves is very rare.
Your anaesthetist will discuss the risks with you and will be happy to answer any questions you may have.

After your surgery

- You will be taken to the recovery room to the general or day care ward. You will need to rest until the effects of the anaesthetic have worn off. You will have a drip in your arm to keep you well-hydrated.
- Your anaesthetist will arrange for you to have painkillers for the first few days after the operation.
- You will be encouraged to get out of bed and move around as soon as possible, as this helps prevent chest infections and blood clots.
- Your surgical team will assess your progress and answer any questions you have about the operation.

Catheter care

It is important to prevent an infection by keeping your catheter clean. Wash your penis under the foreskin and around the catheter, where it enters the penis, with soap and water every day. You can have a bath or shower with the catheter and bag attached. You should walk around the ward with your catheter on a stand or on a leg bag as soon as you are able the day after your operation. When the urine is clear or only lightly blood stained, usually after 2 – 3 days, the catheter is removed. The balloon at the end of the catheter inside the bladder is deflated and the catheter slides out. Although not painful this may cause some discomfort.

After the catheter is removed it may take a while to control your urine flow. You may feel a constant urge to urinate, and may even have some leakage. Do not worry, this is normal and will improve. You will still see some blood and small clots in your urine, but again this is normal and can happen until the internal wound has healed. You may experience some stinging and burning the first few times you pass urine after the catheter is removed. Drinking plenty of non-alcoholic fluids can help to ease this.

You well be encouraged to drink 2 -3 litres of fluid a day. Do not restrict your fluid intake because you are worried about leaking. You may be asked to use a bottle to collect your urine so that the volume can be recorded.

Once you have gained sufficient bladder control you will be ready to go home. Your urine may still be slightly pink. If possible try to arrange for someone to drive you home.

Leaving hospital

- **Length of stay**
  How long you will be in hospital varies from patient to patient and depends on how quickly you recover from the operation and the anaesthetic. Most patients having this type of surgery will leave hospital in 2-3 days.

- **Medication when you leave hospital**
  Before you leave hospital the pharmacy will give you any extra medication that you need to take when you are at home.

- **Convalescence**
  After leaving hospital you should take things easy for a fortnight. It is common to feel tired and low for the first few days, or even the first few weeks. This is natural and will pass.
  During your convalescence it is not unusual to experience one or more of the following:
  - Blood clots in your urine. This may continue for a number of weeks after the operation and is due to the wound healing. A little extra bleeding is common around the second week after the operation when the scab on the wound inside falls off and breaks up in the urine. You can find blood in the urine 4 – 5 weeks later, even if you have had several clear days in between. Make sure you drink more fluids to flush out and dilute the urine when this happens. If you notice heavy bleeding or clots that block the urine flow, please contact your GP.
  - Urine problems. It is not unusual to go to the toilet more frequently and urgently to start with. Getting up at night is also common. This should settle over time.

If you are suddenly unable to pass any urine at all, this will be very painful. Call your GP or visit your local hospital Accident and Emergency department.

The symptoms below may indicate an infection, in which case consult your GP:

- You have a high temperature.
- It continues to be painful to pass urine.
- Your urine becomes thick, cloudy or smelly.
- Your testicles become swollen or painful.

Diet

You do not need to follow a special diet. Fruit, vegetables and other high fibre foods will help avoid constipation. Try not to strain, as this may cause the internal wound to bleed.

Exercise

We recommend that you avoid strenuous exercise and heavy lifting for 2 - 3 weeks. You should do lighter exercise, such as walking and light housework, as soon as you feel well enough.

Sex

You should not have sex for 2 -3 weeks after the operation as this may stop the internal wound from healing. After this time you should be able to resume your normal sexual activity.

Driving

Do not drive for the first 2 weeks after the operation. It is your responsibility to check with your insurance company when your cover restarts after an operation.

Work

How long you will need to be away from work varies depending on:

- How quickly you recover.
- Whether or not your work is physical.

Most people will be able to return to work 3 – 4 weeks after the operation, or longer in the case of heavy manual labour.

Outpatient appointment

Your consultant will decide if you need to have a follow up appointment.

Contact details

If you have any specific concerns that you feel have not been answered and need explaining, please contact the following.

- Urology Nurse Specialist Helpline 01905760809
  (Monday - Thursday 08.30 - 16.30 and Friday 08.30 - 13.00)
- Alexandra Hospital:
  - Secretaries: 01527 512155
  - Ward 17 Nursing Staff: 01527 512045 or 01527 503030 ext: 44045 or 44046
  - Ward 14 Nursing Staff: 01527 507967 or 01527 503030 ext: 44032 or 47967
  - Sharon Banyard, Laura Grazier Urology Nurse Specialist
  - Jackie Askew, Uro-oncology Macmillan Nurse Specialist
- Kidderminster Hospital and Treatment Centre:
  - Secretaries: 01562 513097
  - Penny Templey, Aimee England, Urology Nurse Specialist
  - Sarah Holloway and Kerry Holden, Nurse Specialist – Survivorship Programme: 01562 512328
- Worcestershire Royal Hospital:
  - Secretaries: 01905 760766
  - Helen Worth, Emma Hurton, Lisa Hammond, Urology Nurse Specialists

Other information

The following internet websites contain information that you may find useful.

- www.worcsacute.nhs.uk
  Worcestershire Acute Hospitals NHS Trust

- www.patient.co.uk
  Information fact sheets on health and disease.

- www.nhsdirect.nhs.uk
  On-line Health Encyclopaedia and Best Treatments website.

- www.baus.org.uk
  Information from The British Association of Urological Surgeons

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.