



## TRANSURETHRAL RESECTION OF A BLADDER TUMOR (TURBT) POSTOPERATIVE INSTRUCTIONS

### **What to Expect**

- This surgery is usually done on an outpatient basis, but you may stay one night or more in the hospital depending upon your health status and bleeding.
- You may have a catheter in place after surgery which will usually be removed before discharge from the hospital.
- You may experience discomfort, urgency and frequency when voiding for the first few days after surgery.
- You may have intermittent, mild blood with clots in the urine for 2-3 weeks.

### **Activity**

- No lifting of objects greater than 10 lbs. for 2 weeks.
- No sexual intercourse for 4 weeks.
- No strenuous exercise for 4-6 weeks.

### **Diet and Elimination**

- Avoid bladder irritants such as alcohol, caffeine, acidic, and spicy foods.
- Avoid constipation by drinking plenty of fluids, increasing fiber, and using a mild laxative if needed.

### **Call Our Office if:**

- Fever greater than 101.5 degrees F.
- Inability to urinate.
- Heavy bleeding or clots persisting longer than 24 hours with increased fluid intake.