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.