

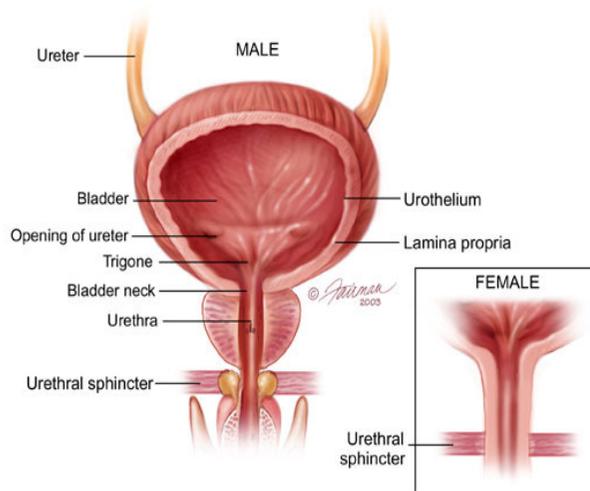
# TRANSURETHRAL RESECTION OF A BLADDER TUMOUR

## WHAT DOES THE SURGEON DO?

The surgeon scrapes the bladder tumor off the surface of the bladder by passing a telescope through the urethra into the bladder. The bladder tumour is scraped out of the bladder.

Specimens of the tumour are sent to the laboratory for examination. This operation is minimally invasive; therefore you will not have a cut or stitches.

## ANATOMY



Source: 2010 American Urological Association Education and Research.

## PRE ADMISSION CLINIC (PAC)

Before Surgery you will be required to attend the preadmission clinic where you will see the: Nurse, Urology Doctor, and anesthetist. You may also need to have blood tests, a heart test and a urine test.

The purpose of this visit is to check your general health and fitness for the operation.

The Urology doctor will review and discuss your medications and advise you of medications to withhold prior to surgery. If you are unsure please discuss your medications with the pre admission nursing staff and urology doctor

## WHAT SORT OF ANAESTHETIC CAN I HAVE?

The anesthetist will discuss with you which type of anesthetic best suits your needs.

Any questions about your anesthetic will be answered at your Pre Admission appointment.

## DAY OF SURGERY

**PLEASE REFER TO YOUR WESTERN HEALTH ADMISSIONS LETTER FOR DETAILS ON WHERE TO GO ON THE DAY OF SURGERY AND FASTING DETAILS.**

## WHAT HAPPENS TO ME AFTER THE OPERATION?

- On most occasions patients will have an intravenous tube in your arm, which will remain until you are eating or drinking, and your condition stabilizes.

On many occasions patients will have a urinary catheter inserted to drain urine. The removal of the catheter is simple and painless. The catheter will be reviewed following your surgery by the urology team who will order its removal. This is usually 1 or 2 days after the surgery.

After the tube is removed your urine output and voiding patterns will be monitored. A bladder scan will be performed to check that you are emptying your bladder appropriately.

- You also need to drink 2-3 litres of fluid a day unless otherwise medically advised.
- Avoid constipation as this may cause bleeding ensure you have a high fibre diet and or stool softeners to minimize straining of the bowel.

Please turn over



## ***WHAT KIND OF PAIN RELIEF WILL I NEED?***

Usually pain is minimal, pain around the catheter site is common and tablets are available if needed. Any bladder discomfort or feeling of fullness should be reported to the nursing staff immediately.

## ***How long will I be in hospital?***

This varies with how much surgery is done. It can be the same day but often it is up to 2 days.

## ***WHAT HAPPENS WHEN I GO HOME?***

- It is normal for the urine to be blood stained for up to 4 weeks the surgery. If your urine is heavily bloodstained, or you are passing clots in your urine, go to your nearest Emergency Department.
- If your urine is red drink 2-3 litres of water per day. If your urine is a normal colour drink normal amounts of fluid.
- Ensure your bowel motions are soft and regular. Eat a high fibre diet and take laxatives if necessary.
- Avoid heavy lifting or straining for 4 weeks.
- Avoid sexual intercourse until all bleeding has stopped.
- Avoid driving and prolonged car rides for at least 2 weeks.

## ***NOTIFY YOUR DOCTOR IF YOU HAVE ANY OF THE FOLLOWING:***

- Fever and / or chills
- Painful or swollen abdomen with a feeling of wanting to pass urine
- Very heavy blood stained urine.

## ***YOUR NEXT APPOINTMENT***

This will be arranged 6-8 weeks after you leave hospital. It may take between 6-8 weeks before you return to normal activities.

Your follow up appointment will be discussed at the time of discharge.

Ask the doctor if you require a medical certificate.

***This information leaflet contains important information to help you recover safely at home. Read it carefully and keep it with you for the next few days. This information is intended to support not replace a discussion with your doctor or health care professionals. Western Health accepts no liability for any information that may be perceived as misleading and directs you to your health professional.***



# **UROLOGY SERVICE**

## **TRANSURETHRAL RESECTION OF A BLADDER TUMOUR MARCH 2010**

For more information please contact:

- The Urology Nurse Consultant at Western Health on 8345.6333
  - Urology Bookings 8345 6019.
  - Outpatients Department 8345 6490
  - Admissions Footscray 8345 6490
- Cancer Council Helpline on 13 11 20
- Better Health Channel [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- Health site: [www.healthinsite.gov.au](http://www.healthinsite.gov.au)