

Introduction

The prostate is an urologic organ situated at the outlet of the bladder. Benign Prostate Hypertrophy commonly affects men over age 50, causing narrowing of bladder outlet and impeding urine outflow. The patient will have urinary frequency, feels unable to empty the bladder and difficulty in urination. TURVP is an advance urological operation for this disease.

The Operation

1. The operation will be performed under general anaesthesia.
2. A resectoscope is passed through the urethra to remove the hyperplastic prostate tissue.
3. After the operation, a Foley catheter is paced inside the bladder for bladder irrigation.

Preoperative Preparation

1. Admit 1 day before or on same day of this elective operation.
2. Anaesthetic assessment. **Inform your doctors** about drug allergy, your regular medications or other medical conditions.
3. Keep fast for 6 to 8 hours before operation.
4. Empty bladder and change to operation clothes before transfer to operating room.
5. Pre-medication, antibiotic prophylaxis and intravenous line may be required.

Postoperative Instruction**General**

1. Mild throat discomfort or pain because of intubation.
2. Mild discomfort or pain over the operation site. Inform nurses if more analgesics are required.
3. In first few days after operation, continue passing blood clots and blood in urine, and pain during urination.
4. Nausea or vomiting are common; inform nurses if symptoms severe.

Diet

1. Resume diet usually 4 hours after anaesthesia, when taking sips of water well.
2. The first 2 days after operation, drink 2 to 3 liters of water per day to ensure ample flow of urine.
3. Avoid drinking coffee, tea, coke and alcoholic drinks.

Common Risks and Complications (not all possible complications are listed)**Anesthesia related complications**

1. Cardiovascular: myocardial infarction or ischaemia, stroke, deep vein thrombosis, pulmonary embolism, etc.
2. Respiratory: atelectasis, pneumonia, asthmatic attack, exacerbation of chronic obstructive airway disease.
3. Allergic reaction and shock.

Procedure related complications

1. Severe pain despite taking the pain killer.
2. Difficult to or cannot pass urine.
3. Fever (body temperature above 38°C or 100°F).

Things to take note on discharge

1. Contact your doctor or the Accident & Emergency Department if you find the followings: increasing pain and bleeding from the wound.
2. Take analgesics prescribed by your doctor if required.
3. Resume daily activity gradually.

Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor. Evangel Hospital reserves the right to amend this leaflet without prior notice. We welcome suggestions or enquiries on the information provided in this leaflet. Please contact our Healthcare professionals so that we could follow up and make improvement.

Reference

S.H. HO Urology Centre -The Chinese University of Hong Kong: "Transurethral Resection Vaporization Prostatectomy (TURVP)" (2021)
<https://urologycentre.com.hk/en/diseases/detail/transurethral-resection-vaporization-prostatectomy-turvp> (20-07-2023)