



Transurethral Resection of the Prostate (TURP)

Problems with Your Prostate

As men get older, their hormone levels shift. When this happens, the prostate commonly gets larger. If you are reading this booklet, it's likely that you have benign enlargement of the prostate. This is also known as **benign prostatic hyperplasia (BPH)**. If BPH interferes with your life, it can be treated with a procedure called **transurethral resection of the prostate (TURP)**. This booklet tells you more about BPH. It also described what TURP can do to help relieve BPH symptoms.

Symptoms of BPH

The prostate often begins to enlarge when a man is in his 40's. Symptoms of BPH usually start after age 50, however. Symptoms can include:

- Needing to urinate more often.
- Waking up to urinate many times during the night.
- Feeling that you can't wait to urinate.
- Feeling like the bladder isn't completely empty after you urinate.
- Having a weak urine stream.
- Needing to push or strain to start urinating.

Effects of BPH

If left untreated, BPH may cause further problems, such as:

- Urinary retention (inability to pass urine).
- Urinary tract Infection.
- Incontinence (loss of control over the release of urine)
- Damage to the bladder itself.
- Damage to the kidneys.
- Hematuria (blood in the urine).

About Your Prostate

To better understand why you need a TURP, it helps to know about your **prostate**. The prostate is a gland about the size and shape of a walnut. It makes fluid that is part of semen. The prostate is located just below the bladder. It surrounds the top part of the **urethra** (the tube that carries urine out of the body). An enlarged prostate can make urination difficult by pressing on the urethra.

If a Catheter Is Needed

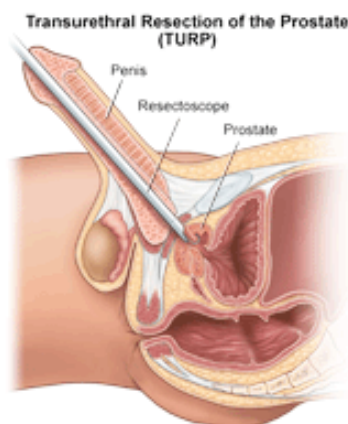
If an enlarged prostate squeezes the urethra completely closed, you cannot pass any urine. In this case, a **catheter** (a thin, soft tube) is put into the bladder. The tube lets the urine flow from the bladder until TURP can be done.

Be Informed About Treating BHP

A number of treatments can help shrink an enlarged prostate and relieve symptoms of BPH. Besides TURP, these include medications and other procedures. You may have tried one or more of these treatments. Your doctor is suggesting that TURP may be your best option now. Work with your doctor to be sure that TURP is right for you. Find out about the procedure's benefits and risks, and discuss your concerns. Ask any questions you have, and make sure they are all answered.

The TURP Procedure

TURP is a simple procedure to remove excess tissue from the prostate. This allows ready passage of urine through the urethra through the urethra. TURP usually offers fast relief of symptoms. Your doctor can explain more about what to expect.



Getting Ready for TURP

You will be told how to prepare for the procedure. Follow all of the instruction you are given.

Be sure to:

- Tell your doctor about all medications you take. This includes over-the-counter medications, supplements and herbal remedies. You may need to stop taking some or all of them before the procedure.
- Ask your doctor what to do if you take prescription medication to prevent blood clots. Also ask about aspirin and similar over-the-counter pain medications.
- If your doctor prescribes any medication, such as antibiotics, take them as directed.
- Stop eating and drinking before the procedure as directed.

The Day of the Procedure

After checking in, you will change into a hospital gown. An IV (intravenous) line will be placed in your arm or hand to supply fluids and medication. You will be given **anesthetic** (medication to keep you pain free) during the procedure. This may be placed in your spinal column (**spinal** or **regional anesthesia**). In this case, you may remain awake during the procedure. Sometimes general anesthesia is used. With this, you will be in a state like deep sleep throughout the surgery.

Risk and Complications of TURP Include:

- Bleeding,
- Infection
- Scarring of the urethra
- Retrograde ejaculation
- Injury to the bladder
- Erectile dysfunction (difficulty achieving or keeping an erection)
- Painful urination or difficulty urinating
- Loss of bladder control
- Absorption of fluid during the procedure (TUR syndrome)

During the Procedure

The doctor gently inserts a **cystoscope** (a thin, telescope- like tool) into your urethra. This lets your doctor see the blockage. Tools used to remove excess prostate tissue are passed through the cystoscope. **Excess prostate tissue is removed**. The doctor uses a tool to remove the excess prostatic tissue. This is called **resection**. The cut pieces of tissue collect in the bladder. The

doctor then washes them out of the bladder with fluid. A tissue sample (**biopsy**) will likely be taken to be tested for cancer. Other techniques are available for removing prostate tissue. Your doctor may discuss these with you.

A Common Side Effect

During ejaculation, semen flows through the urethra and out of the penis. After TURP, semen may flow into the bladder. The semen is washed out of the bladder with urination. You may no longer see any fluid when you ejaculate. Or, the amount you ejaculate may be less. This is called **retrograde ejaculation**. It does not stop you from having an erection. It also does not stop orgasms, though they may feel different. Retrograde ejaculation may decrease your fertility, however.