

Part 1 - Helping you choose

UR01 TURP

Having an operation on your prostate

This booklet can help you decide if you want to have an operation on your prostate.



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HEALTHCARE



This booklet

The doctor has given you this booklet because you are having problems with your **prostate**.



Your **prostate** is near your bladder.



When you get older your prostate can get bigger.



This can give you problems like:

- Needing to wee more often
- Not being able to wait to have a wee
- Finding it hard to go for a wee.



You can have an operation to make your prostate smaller.

This can help stop the problems.



It is your choice

You don't have to have the operation.

You can say **yes** or **no**.



When you have read this booklet speak to your doctor.

They can help you choose what to do.



About the operation

Before the operation the doctor will make sure you cannot feel anything.



They can do this in two ways:

- Put you to sleep, or
- Give you an injection in your back.



You and your doctor will choose which is best for you.



About the operation

When you cannot feel anything the doctor will put a small camera inside your penis.



They will use the small camera to:

- Look at your prostate
- Take some of your prostate away.



When the doctor has finished they will take the small camera out.



The doctor will put a tube in your bladder so they can wash it out for the next few days.



The operation normally takes less than **1 hour**. You will stay in hospital for **2 or 3 days** or a bit longer if the doctor says so.



If you say YES to the operation

The operation should make your toilet problems better.



The operation is safe for most men but there are some risks.

Your doctor can tell you more about the risks.



If you say NO to the operation

Some people can choose to live with the problems.



Sometimes medicine can help.



For other people the problems can get worse and they can get very ill.

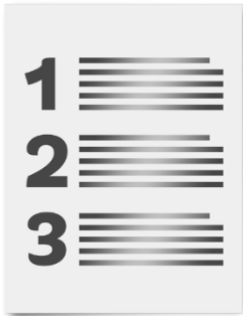


Making a decision

Your doctor can tell you how important the operation is for your health.



They can tell you if there are other options. They can help you choose what is right for you.



More information

This leaflet only covers the main points.



If you have any questions speak to your doctor or call

UR01 TURP



Having an operation on your prostate

This booklet tells you more about the operation. It can help you get ready for the operation and help you look after yourself afterwards.



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This booklet

This booklet is about having an operation to make your **prostate** smaller.

Your **prostate** is near your bladder.



The operation should make it easier for you to go for a wee.



This booklet tells you more about the operation.



It can help you get ready for the operation.



It can also help you look after yourself after the operation.



Before your operation

Things you can do to help:

- If you smoke try to stop now.



- Try to stay a healthy weight.



- Do some gentle exercise but speak to your doctor first.



- Talk to your doctor about any medicine you take.



The operation

Before the operation the doctor will make sure you cannot feel anything.



They can do this in two ways:

- Put you to sleep, or
- Give you an injection in your back.



You and your doctor will choose which is best for you.



When you cannot feel anything the doctor will put a tiny camera inside your penis.



They will use the tiny camera to:

- Look at your prostate
- Take some of your prostate away.



The operation

The operation should take less than **1 hour**.



The doctor will put a tube in your bladder so they can wash it out for the next few days.



After your operation

When the operation has finished you will go to the ward.



The doctors and nurses will help you to get up and move around soon after your operation.

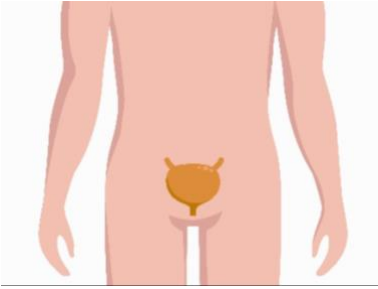


They will give you medicine to help with any pain.



After your operation

For the first **1 or 2 days** the doctors will wash out your bladder with water.



When your bladder looks clear they will take the tube out.



It will sting the first few times you go for a wee.



Drinking lots of water will help.



You should be able to go home after **2 or 3 days** or a bit longer if the doctor says so.



Looking after yourself at home

When you get home make sure you remember to:



- Drink lots of water and eat foods with fibre in.



- Take any medicine the doctor has given you.



- Wear special socks if the doctor has told you to.



- **Do not** do any hard exercise for at least **2 weeks**.



Getting better

You may feel tired or have a bit of pain for the first **2 weeks**.



After **2 weeks** start to do a bit more exercise each day.



You should be ready to go back to normal activities after about **4 to 6 weeks**.



There may be a bit of blood in your wee for up to **4 weeks** but this is normal.



Call the hospital if you are worried about anything or if you have problems like:

- Lots of blood or pain
- You cannot go for a wee.



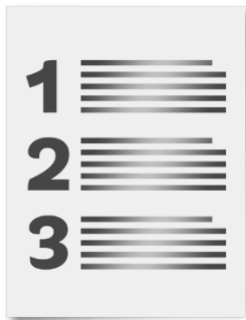
Getting better

Check with your doctor and your insurers before you start driving again.



Call an ambulance if you have:

- Pain in your chest
- Breathing problems
- You cough up blood.



More information

This leaflet only covers the main points.



If you have any questions speak to your doctor or call