

# Turbt

## Understanding Turbt At Birmingham Urology Centre

### What Is Turbt?

Transurethral resection of bladder tumour (TURBT) is the primary diagnostic and therapeutic procedure for bladder cancer at Birmingham Urology Centre. This minimally invasive technique is essential for patients who show symptoms indicative of bladder cancer or those with confirmed diagnoses needing tumour removal or biopsy. Performed under general or spinal anaesthesia, the procedure uses a cystoscope—a thin tube equipped with a camera. It is inserted gently through the urethra, allowing our urologists to directly observe the bladder's interior and carefully remove any tumours without external incisions. This approach is vital for both diagnosing and staging bladder cancer by evaluating the type and extent of the tumour and for excising non-muscle invasive tumours from the bladder wall.

### Why Undergo Turbt?

TURBT is recommended to:

- **Diagnose:** Directly visualise the bladder interior to obtain tissue samples for biopsy, confirming the presence of bladder tumours.
- **Treat:** Surgically remove small, non-invasive tumours from the bladder lining, which may alleviate symptoms and prevent further tumour progression.
- **Stage:** Accurately determine the extent of tumour invasion into the bladder tissue, essential for formulating an effective treatment strategy.

### Preparing For Turbt

Preparation for your TURBT at Birmingham Urology Centre involves several steps to ensure safety and the best outcomes:

- **Pre-operative assessments:** A few days before the procedure, you will undergo a thorough pre-operative medical assessment. This may include blood tests and other investigations, to ensure you are fit for surgery.
- **Medication adjustments:** You may be advised to temporarily stop certain medications to reduce the risk of surgical complications.
- **Fasting:** If you are to receive general anaesthesia, fasting for a specified period before surgery is required.

## What To Expect During Turbt

- Upon admission, you will be prepared for surgery. This includes administration of sedation or general anaesthesia to ensure comfort throughout the procedure.
- A cystoscope is carefully inserted through your urethra into the bladder. This instrument allows your surgeon to clearly visualise and remove any visible tumours or abnormal tissue.
- Surgical instruments passed through the cystoscope facilitate the precise excision of tumour tissue.
- Removed tissue is immediately sent to a laboratory for histological analysis, to detail the characteristics of any cancer present.
- The duration of the procedure typically ranges from 15 to 90 minutes, depending on the complexity and number of tumours present.
- Most patients require a short hospital stay, often overnight, to monitor the initial recovery from anaesthesia and the surgical response.

## Post-Operative Care And Follow-Up

- Post-TURBT, it's normal to experience mild discomfort and transient haematuria (blood in the urine). We will manage your pain effectively and provide comprehensive instructions on fluid intake to facilitate bladder flushing and healing.
- Follow-up care includes regular cystoscopic examinations to detect any recurrence of the tumour. These checks are crucial for early management should the cancer return.
- Based on the tumour's grade and stage identified during your TURBT, additional treatments such as further surgery, chemotherapy, or radiation may be recommended.

## Benefits Of Turbt

- **Minimally invasive:** No external incisions are necessary, as the entire procedure is performed through the urethra, reducing both discomfort and recovery time.
- **Quick recovery:** The minimally invasive nature of the procedure allows you to resume normal activities relatively quickly.
- **Personalised treatment:** This procedure enables us to tailor your cancer treatment based on precise staging and histological findings, optimizing therapeutic outcomes.

## Risks Of Turbt

- **Bleeding:** Some post-operative bleeding is expected; in rare cases, it can be significant.
- **Infection:** We employ stringent sterility protocols to minimize any risk of infection.
- **Damage to nearby structures:** While rare, there is a possibility of damage to structures such as the urethra or bladder wall.
- **Bladder wall perforation:** In very rare circumstances, the procedure might cause a perforation

in the bladder wall. This may require an additional intervention.

## Comprehensive Recovery And Long-Term Care

- Post-operative care is aimed at ensuring a smooth recovery. This includes adequate hydration, restriction of physical activity, and regular monitoring through follow-up appointments.
- Our team is committed to providing continuous support throughout your recovery and long-term health management, adapting your treatment plan as needed to ensure optimal health outcomes.

## Why Choose Birmingham Urology Centre

At Birmingham Urology Centre, our goal is to provide you with comprehensive care that addresses all aspects of your bladder cancer treatment from diagnosis through recovery and beyond, ensuring the highest standards of care and your continued well-being.

**Contact us** If you think you may have symptoms of bladder cancer or need a follow-up for previous bladder conditions or bladder cancer. Our team of experts uses the latest techniques and equipment to ensure the best care and treatment outcomes.