

# Transurethral Resection Of The Prostate (Turp)

## Transurethral Resection Of The Prostate (Turp) At Birmingham Urology Centre

### What Is Turp?

Transurethral Resection of the Prostate (TURP) is a surgical procedure performed at Birmingham Urology Centre to treat urinary problems caused by an enlarged prostate, also known as benign prostatic hyperplasia (BPH). Although TURP is not a treatment for prostate cancer, it can also be used to alleviate symptoms caused by the enlarged prostate cancer pressing on the urethra.

### Who Is Suitable For Turp?

TURP is typically recommended for men who experience significant urinary symptoms from BPH that have not responded well to medication. Symptoms might include:

- Difficulty starting urination.
- Weak urine flow.
- Frequent and urgent need to urinate.
- Getting up frequently at night to urinate.
- Incomplete bladder emptying.

### How Does Turp Work?

During TURP, a special instrument called a resectoscope is inserted through the tip of your penis into the urethra. The resectoscope, which has a light, camera, and loop for cutting tissue, allows the surgeon to view and remove the obstructive part of the prostate in small pieces. The goal is to relieve the pressure on the urethra, making urination easier.

### What To Expect Before The Procedure

Before undergoing TURP, you will have a thorough evaluation to assess your prostate size, shape, and the nature of your urinary symptoms. Pre-operative tests may include:

- Prostate-specific antigen (PSA) test to rule out prostate cancer.
- Urinary flow studies.
- Ultrasound of the prostate.
- Cystoscopy to examine the bladder and urethra.

### What Happens On The Day?

#### Preparation for TURP

Your urologist will provide instructions on how to prepare for surgery, including fasting guidelines for general

anaesthesia and medication adjustments.

### The TURP procedure

A TURP is generally done under general or spinal anaesthesia, ensuring you are comfortable and pain-free.

- You'll be placed in the lithotomy position (lying on your back with legs raised and supported).
- The urologist inserts a resectoscope (a thin tube) through your urethra into the prostate. The resectoscope contains an electrically heated wire loop that cuts away excess prostate tissue, which is flushed out with sterile irrigation fluid.
- The procedure typically lasts 1 to 2 hours, depending on the size of the prostate and complexity.

### Postoperative care

Recovery from TURP can vary:

- You will be moved to a recovery area for monitoring for potential bleeding or complications.
- You may have a catheter placed to help drain your bladder post-surgery.
- You will be given medication to manage pain and prevent infections.
- You will likely stay in the hospital for 1 to 3 days following the procedure, depending on your recovery progress.

### Recovery at home

You will be advised to:

- Rest and avoid strenuous activities and heavy lifting for several weeks.
- Drink plenty of fluids to flush out the bladder.
- Watch for signs of infection or any complications.

### Possible side effects

While TURP is a safe and effective method for treating symptoms of an enlarged prostate, there are potential side effects:

- **Urinary problems:** Temporary difficulty with urination or urinary incontinence.
- **Bleeding:** Blood in the urine is common after the procedure.
- **Infection:** Urinary tract infections or, rarely sepsis.
- **Stricture:** Narrowing of the urethra.
- **Sexual function:** Erectile dysfunction or dry orgasm which can sometimes be permanent.
- **Serious complications:** Serious complications are less common but may include, more significant bleeding or TURP syndrome. TURP syndrome a rare but potentially life-threatening condition caused by absorption of the fluid used during the procedure.

## Benefits Of Turp

- Improved urinary flow.
- Long-term relief from BPH symptoms.
- Reduction in the risk of urinary retention and other complications associated with BPH.

## Making An Informed Decision

TURP is a highly effective treatment for relieving symptoms associated with benign prostatic hyperplasia (BPH). Although it involves certain risks, the procedure is generally well-tolerated, with most patients

experiencing an improved quality of life after recovery. At Birmingham Urology Centre, we thoroughly discuss all potential benefits, risks, and alternatives of TURP to help you make an informed decision that best suits your health and lifestyle. Our goal is to provide comprehensive care that addresses all aspects of your urinary symptoms—from diagnosis through recovery and beyond—ensuring the highest standards of care and your continued well-being.

**Contact us** if you're experiencing significant urinary symptoms due to BPH, consider discussing whether TURP could be an appropriate treatment option for you. Our experienced team uses the latest technology to provide tailored treatments that ensure the best possible patient outcomes.