

DISCHARGE INSTRUCTIONS LASER TRANSURETHRAL RESECTION OF PROSTATE

In order to continue your care at home, please follow the instructions listed below:

1. ACTIVITY

- Go directly home from the hospital. Restrict your activities and rest for a day.
- Resume light to normal activities the following day.
- No lifting or exercise for one week.
- No driving for one week.

2. MEDICATIONS

- Use prescribed medication as directed.
- When taking pain medication, you may experience drowsiness or dizziness. Do not drive or drink alcohol while taking these medications.
- You may take a non-prescription pain medication such as acetaminophen, one that does not contain ASA (Aspirin®).
- Resume any medications you were taking before your surgery.

3. OPERATIVE SITE

- Urine - you can expect slight bleeding for approximately 4 - 6 weeks. Notify your doctor if bleeding increases or continues.
- Avoid straining during bowel movements, avoid constipation. Use a mild laxative, if necessary.
- Check with your doctor as to when you may return to work.
- If you have a catheter, please follow the instruction sheet on catheter care.

4. NUTRITION

- Begin with clear fluids: broth, fruit juices, jello, coffee, tea.
- If you do not feel sick and do not vomit, you may increase your regular diet, as tolerated.
- Avoid drinks or food that are gas forming for one week, i.e., carbonated beverages.
- If you are taking Demerol® or Tylenol® with codeine for pain relief, eat HIGH FIBRE FOODS such as fresh fruits, vegetables, whole grain breads and cereals, or bran to avoid constipation.
- Drink at least 6 - 8 cups of fluid daily (limit caffeinated beverages)

5. SPECIFIC COMPLICATIONS TO WATCH FOR

- Fever over 38°C (101°F) by mouth
- Pain not relieved by medication ordered
- Numb, tingling or cold fingers or toes
- Increased bleeding and/or clots when passing water
- Inability to pass water

6. FOLLOW-UP CARE

If you require attention following discharge, contact your surgeon and/or your family physician, go to a walk-in clinic, call Health Link BC at 8-1-1, or go to the nearest Emergency Department.