

SOUTHLAND UROLOGY

Adult and Pediatric Urology

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POST TURP PROSTATE INSTRUCTION

1. Minimal to moderate bleeding at the beginning, middle or end of your stream is normal. Some burning with urination is also normal.
2. If your entire stream contains blood, drink abundant amount of water. If the bleeding does not subside, contact my office by calling day or night (714) 870-5970.
3. If you feel your bladder is filling up and you are *unable to void*, call the day or night number, (714) 870-5970 to contact us. You may need to be catheterized for relief.
4. **After** discharge from the hospital, **FOR THREE WEEKS:**

DO NOT:

- RIDE IN A CAR more than 5 to 10 miles from home.
- Do any work or heavy lifting.
- Strain at bowel movements (use laxatives, if necessary).
- Sit on hard surfaces.
- Engage in sexual activity.
- Plan on playing golf for 4 to 6 weeks.

DO:

- Take medications as directed.
- Take short walks around the house or yard.
- Eat a normal, well balanced diet.
- Drink a minimum of four (4) eight ounce glasses of water daily.
- An occasional alcoholic beverage is fine.

*REMINDER: You will need to see the Doctor 1 to 2 weeks from the date of your hospital discharge. Call the office for an appointment upon discharge from the hospital.

*It is important to note that you should have your prostate checked each year by your doctor. Your prostate can still develop cancer. Though most of your prostate tissues have been removed, some still remains. It is this remaining tissue which could develop the cancer.

