



Post Operative Endoscopic Surgery with Indwelling Catheter Instructions

Transurethral Resection of Prostate. Transurethral Resection of Bladder Tumor. Bladder Stone Removal. Durasphere Injection. Visual Urethrotomy.

Please read the following instructions. They are intended to make your recovery as quick and complete as possible.

ACTIVITY – *After resting for the first 72 hours* you may begin with light activity as you can tolerate. Expect intermittent blood in your urine for several weeks. When blood in urine occurs, limit your activity until blood in urine clears. Avoid heavy lifting for one week. Do not drive while you have a catheter in place.

FLUIDS – It is important that you stay well hydrated. If you had this procedure for stones, drinking extra water can help stone fragments to pass more quickly. Try to drink 1-2 glasses of water every other hour. This will help to dilute your urine and keep your urinary system clear.

URINE – It is normal to have the urge to urinate while the catheter is in place. You can expect to have blood in your urine. If you see an increasing amount of blood in your urine, decrease your activity and increase your fluid intake.

MEDICATIONS – Take prescribed medication as directed. Be sure to take a stool softener for 2 weeks. You should limit your narcotic pain medication use after the first 2-3 days. Take all of your normal medication unless otherwise instructed (for example: do not restart blood thinning medication unless you have spoken to the surgeon first).



NOTIFY YOUR UROLOGIST IF: (908) 751-5939

1. You have thick, excessive, bright red blood in your urine.
2. Your catheter is not draining.
3. You have pain and/or nausea that is not relieved by your prescription.
4. You have a temperature above 100.5.

Your follow up appointment/catheter removal is scheduled for:

