

PERIOPERATIVE SERVICES

Post-Operative Instructions

Transurethral Resection of Bladder Tumor

PAIN:

You may experience some discomfort after surgery. Take your pain medication as prescribed by your Surgeon. For mild discomfort, Tylenol™ Extra Strength may be taken.

OPERATIVE SITE:

You may go home with a urinary catheter (tube to drain urine into a bag) in place. Your urine may have blood in it for several days. Sometimes bleeding will be intermittent for 3-4 weeks.

ACTIVITY:

Frequent rest periods are recommended. Do not lift anything heavy (10 pounds or more) until instructed to by your Surgeon. You may shower the day after your surgery. Your Surgeon will advise you at your follow up appointment when you can resume sexual intercourse, a regular exercise program and when to return to work.

DIET:

Resume your regular diet the day following surgery. Drink plenty of fluids. Increase the amount of fiber in your diet in order to prevent constipation and straining. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

FOLLOW-UP:

Your Surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a Nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

ADDITIONAL INFORMATION:

If your Doctor orders an antibiotic, fill the prescription and take the medication until it is finished. Resume other prescribed medications you were taking prior to surgery, unless you have been told otherwise. If you have a catheter you will be given an additional sheet of instructions regarding care of the catheter. The Nurse will review these instructions with you.

CONTINUED ON OTHER SIDE →



Queensway
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Do not take any medication containing blood thinners or Aspirin™ until directed by your Surgeon.

Call your Surgeon or go to the nearest Emergency Department if you have any of the following complaints:

- severe pain, not controlled by medication
- elevated temperature (38°C or 100.4°F) and/ or chills lasting more than 24 hours
- difficulty or inability to urinate
- excessive bleeding and clots

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and Healthcare Team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.