Introduction
The prostate is an urologic organ that is situated at the outlet of the bladder. Benign prostate hyperplasia most commonly affects men over age 50. The patient’s bladder outlet is narrowed and impeded urinary outflow. The patient will have urinary frequency, feels unable to empty the bladder and difficulty in urination. The operation of Transurethral Resection of Prostate (T.U.R.P.) is the golden standard of contemporary urological surgery for treatment of benign prostate hyperplasia.

Preparation
◆ Cease smoking for at least 2 days.
◆ Bath or shower and shampoo
◆ Fasting for 6 hours before the operation or according your doctor’s instruction.
◆ A written consent is required

Procedure
The operation will be performed under general anaesthesia/ spinal anaesthesia. A resectoscope is passed through the urethra to remove the hyperplastic prostate tissue. After the operation, a foley’s catheter is inserted inside the bladder for immediate bladder irrigation. If the hyperplastic prostate tissue is very large, additional operation may be required.

Care and Advice
◆ After general anaesthesia, you may feel tired, dizzy or weak.
◆ You are advised to have fluid diet during initial post-operation period. If you can tolerate, you can eat solid food or as instructed by doctor.
◆ Take painkillers as prescribed when necessary.
◆ You may have sore throat, headache, vomiting or bruises at the puncture site occasionally. They will subside after a few days.
◆ The first 2 days after operation, drink 2 to 3 liters of water per day to help urination.
◆ The first few days after operation, you will feel pain during urination. There will be blood stained urine or blood clots in urine. Avoid drinking coffee, tea, coke and alcoholic drinks.

Follow Up
Follow up as scheduled

Complications
◆ Bleeding
◆ Urinary Tract Infection
◆ Electrolyte disturbance
◆ Bladder injury that may require open repair
◆ Retrograde ejaculation

Post operation care
You should seek medical advice if you have any of the following signs and symptoms:
◆ Severe pain despite taking the pain killer
◆ Difficult to or cannot pass urine
◆ Continue passing blood clots and blood in urine 3 days after operation
◆ Fever (body temperature above 38°C or 100°F)

Remarks
This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor.