

No treatment. If the symptoms are not too troublesome, some men choose not to have any treatment. The symptoms of BPO do not always get worse over time and may actually improve. But this requires regular follow ups with your urologist every six months for the objective reassessment of your urinary flow.

Medicines. These are of a different category. They improve the flow of urine and/or shrink the prostate by relaxing smooth muscle fibers.

Open Surgery for BPO: This is an older and more painful procedure. This method is still being practiced in the remote areas where there are not enough healthcare facilities and instruments available for TURP. This method is also used for very large size prostates which cannot be treated with TURP or (even physically handicapped patients.)

A stent. This is a short tube that is inserted into the urethra to help improve the flow of urine. A stent can become blocked over time, so they are only used for men who aren't suited to surgery or drug treatment. They are rarely used.

Heat therapy. i.e. (TUVP). This uses microwaves, lasers or an electric current to destroy excess prostate tissue. But for many reasons, TURP is considered to be a better option than TUVP.

#### FOR FURTHER INFORMATION

We at The Kidney Centre Karachi would be happy to answer any of your questions. You can ring up at (21) 5661000 or email: [mail@kidneycentre.com](mailto:mail@kidneycentre.com)



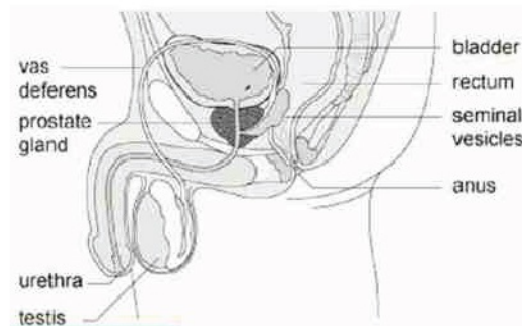
## THE PROSTATE GLAND AND TURP

**THE KIDNEY CENTRE POST GRADUATE TRAINING INSTITUTE**  
197/9, Rafiqi Shaheed Road, opposite JPMC, Karachi - 75530,  
Tel.: 3566 1020 Ext.: 324, Fax: 3566 1040 / 1050,  
Email: [mail@kidneycentre.com](mailto:mail@kidneycentre.com)

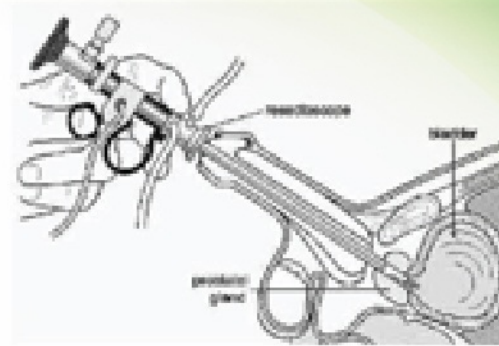


## GLAND AND TURP

The prostate gland is a pear shaped organ that is present in all men at the outlet of the urinary bladder. Normally, a prostate is the size of a walnut. With aging, the prostate enlarges and can grow to the size of a pear. Most commonly after the age of sixty, the prostate can get large enough to put pressure on the urethra, causing problems such as difficulty urinating, incomplete emptying of the bladder or dribbling of urine. This is known as Benign Prostatic Obstruction (BPO). It is NOT cancer and there is no evidence that it leads to cancer. Trans Urethral Resection of Prostate (TURP) is an operation to remove a portion of the enlarged prostate gland so that urine can flow more freely. This is an effective and modern operation performed internationally as a solution for BPO. This operation does not require an incision on any part of the body, and with the help of a special telescope, the whole procedure is completed through the urinary passage.



spinal anesthesia, so you remain awake but feel no pain. Typically, no food or drink is allowed for about six hours before the operation. Once the anesthesia has taken effect, the surgeon inserts a thin, tube-like telescope (a resectoscope) through your penis and into your urethra. An attachment that carries an electric current is used to remove part of the prostate and control any bleeding. Only the interior portion of your gland is removed. During the operation, your bladder is flushed with a sterile solution to remove the pieces of prostate tissue. A catheter (a thin flexible tube) is then inserted through your urethra and into your bladder. The operation itself takes approximately an hour, but you'll



need to stay in hospital for about two to three days in total.

## WHAT TO EXPECT AFTERWARDS

As the effects of the spinal anesthesia wear off, you may feel some pain and your doctor may prescribe painkillers. You may have a drip inserted in your arm to prevent dehydration, which will be removed once you are consuming sufficient fluids. The catheter is left in your bladder after the operation. One or more bags, usually hanging above the bed, store liquid that runs slowly into your bladder through the catheter. This is to help flush out any blood clots in your bladder. With the catheter in place you may feel the urge to pass urine, but this sensation should finish within a few minutes. Tell your doctor or nurse if your bladder starts feeling full. Sometimes a small blood clot can block the catheter. The catheter will be removed when the urine begins to run clear; this is usually within two to three days. When you first start to urinate, you may feel a stinging sensation and your urine may be cloudy. To start with, you may have a constant urge to urinate and it may be difficult to control the flow. You may also have leaks or dribbles of urine, but this usually goes away within a few days.

If you require painkillers, you can take them as advised by a doctor. You should aim to drink around two liters of fluid a day to flush out your bladder and aid recovery. It's common to have occasional blood clots (red-brown or purple flecks) in the urine. You should contact your hospital immediately if you experience:

- heavy bleeding
- a high temperature
- increasing pain
- inability to urinate

It usually takes four to six weeks to recover fully from a TURP. After this period, you can resume your normal activities, including sex. However, you shouldn't perform any strenuous activities for about six weeks after the operation.

## SIDE-EFFECTS AND COMPLICATIONS

Side-effects are the unwanted, yet usually mild and temporary effects of a successful procedure. Examples of TURP side-effects include temporary weakness in both legs (because of spinal anesthesia) and some discomfort from the catheter. In addition to these, some specific side-effects can be expected as a result of this operation, including the following:

- Your urine will contain small amounts of blood for a few days. This will gradually clear.
- You may feel an urgent need to pass urine and a burning sensation when you do. This will gradually improve.
- You may experience mild incontinence (urine leakage). Talk to your doctor if this happens.
- Most men find that a lasting side-effect of a TURP is a dry orgasm (retrograde ejaculation), where very little or no semen is ejaculated. This happens because the surgery makes it possible for semen to travel back up into the bladder rather than out through the penis at the time of orgasm. This shouldn't interfere with sex and, after recovery from the operation, most men return to the same level of sexual activity as before the treatment. Few patients worry about how TURP will affect their sex life. However, research indicates that the procedure doesn't increase the risk of erectile dysfunction.

## TURP SYNDROME

It is also possible for too much water to be absorbed from the fluid used to flush the bladder during the operation. This can temporarily upset the balance of salts in the blood, which can be harmful, particularly for people who already have heart or kidney problems.

## ALTERNATIVES TO TURP

TURP is generally a safe operation and offers the best results in experts' hands. However, in order to give informed consent, anyone deciding whether or not to have a TURP needs to be aware of the other possible options.