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# Hospitalisation—Transurethral Resection of a Bladder Tumour

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## Frequently Asked Questions

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This information leaflet is designed to let you know what you can expect during your stay. This is however, only a guide and your progress may vary from this outline. Please read this information and if you have any questions or concerns at any time, please discuss these with Dr Campbell.

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Going to Hospital, and in particular being admitted for a procedure can be a threatening and stressful situation. We appreciate the anxiety that you might be feeling and in order to make the situation less stressful we have designed these leaflets which hopefully will give you a better understanding of what to expect when you have a procedure.

### How long will I be in hospital?

The estimated length of stay is up to 2 nights.

If you have any concerns about your ability to cope after your surgery, please discuss this with the nursing staff on admission to hospital.

Community services can be arranged if required, but please note they are not always readily available and not all patients are eligible for funded services.

Please bring your medications and any x-rays relevant to your surgery into hospital.

After surgery your pain will be controlled effectively with medication.

Prior to discharge, you will be able to pass urine without difficulty, you will have resumed your normal diet.

### What happens after I get to hospital?

You will be taken to the Day of Surgery Lounge where a Nurse will complete a medical history if this was not completed prior to your admission.

Your temperature, pulse, blood pressure and weight will be checked.

If you take regular medication, you will continue to do so throughout your stay unless otherwise instructed by Dr Campbell.

If you have any questions about your surgery or hospitalisation please ask your Nurse or Dr Campbell.

### What happens before the procedure?

You should not eat or drink for six hours prior to surgery.

You should have showered prior to coming into hospital. Please advise your Nurse if you have not done so.

If you have been taking blood-thinning or anti-inflammatory medication (such as warfarin, aspirin, or alternative medicines), please advise your Nurse.

You will be dressed in a theatre gown and disposable underwear. Compression stockings will be applied to your legs.

You may have a blood test, heart tracing or x-ray taken before your surgery.

The Anaesthetist may visit you before you go into surgery.

Dr Campbell will visit you before the procedure.

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## Transurethral Resection of a Bladder Tumour continued...

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### What happens after the procedure?

If requested Dr Campbell will ring a family member to notify them of the outcome of your procedure

- ~ You will be taken back to the ward on your bed
- ~ Nursing staff will check your temperature, pulse, blood pressure, urinary catheter and pain level regularly
- ~ A urinary catheter inserted into your bladder during surgery will have bags of fluid attached. This is called, bladder irrigation. Nursing staff will monitor your urine closely and will irrigate your bladder to help remove any blood clots. The urinary catheter can sometimes give a sensation of a full bladder. This may feel uncomfortable. Please advise your Nurse if you get the sensation of a full bladder. The Nurse will check that the catheter is draining
- ~ An intravenous drip inserted during surgery will keep you hydrated
- ~ You can have regular medication for pain. It is important that you tell your Nurse if you have pain
- ~ Nursing staff will help you with your hygiene needs as required
- ~ You will not be able to eat or drink for at least four hours after your surgery. Please check with the Nursing staff before you have anything to eat or drink

### What happens the next day and until discharge?

The urology team will visit you daily

Please remain in your room and attend to your daily morning hygiene after this morning ward round.

- ~ Your Nurse will check your temperature, pulse, blood pressure and pain level regularly
- ~ Your bladder will continue to have irrigations until your urine is less blood-stained. The urinary catheter will be removed as instructed by the medical team.
- ~ Once the urinary catheter is removed it is important to tell your Nurse when you want to pass urine.

After you have been to the toilet your Nurse will use a scanner over your stomach to check that you bladder is emptying properly. This procedure may be repeated 2-3 times and could take 4-6 hours to complete

- ~ You can have regular medication for pain. It is important that you tell Nursing staff when you have pain
- ~ Once you are eating and drinking adequate amounts your

intravenous drip will be removed

- ~ Nursing staff will assist you with your hygiene and toileting needs as required
- ~ Normal bowel habits are sometimes disrupted after surgery. If you are concerned, your Nurse can offer advice on ways to resolve this common problem

### What happens when I am ready to go home?

- ~ The urology team will visit you today.

Dr Campbell may visit you today. You will be able to pass urine without difficulty.

- ~ Medications will be dispensed by the Pharmacist, if required.
- ~ If you have a drip in your arm it will be removed before you go home.
- ~ Follow-up arrangements will be discussed before discharge.
- ~ Although Discharge time is 10am, you will only be discharged if you can void properly. Please arrange for someone to collect after discharge.

### What should I do when I get home?

Please Note: You may experience some blood-stained urine in the first couple of weeks after surgery. You should increase your fluid intake and have regular rest periods. However, if bleeding becomes heavy or you begin to pass blood clots, please contact Dr Campbell or your family doctor.

You should take medication to control any discomfort, as prescribed.

Ensure you drink around two litres of fluid per day.

Shower as usual unless instructed otherwise.

Contact Dr Campbell or your family doctor if you begin to feel unwell or start to experience fever, pain, or heavy bleeding from the water passage.

Remember that you may feel easily tired for the first few days after you go home, so get plenty of rest and eat a well balanced diet.

#### **You should avoid, for two weeks after discharge**

- ~ Over-exerting yourself after you go home. This includes for example carrying groceries, mowing, vacuuming, gardening

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## Hospitalisation—Transurethral Resection of a Bladder Tumour continued...

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and playing golf, and heavy lifting.

- ~ Constipation i.e. straining to have a bowel motion can cause bleeding at the operation site
- ~ Driving should be avoided until you can perform the emergency brake procedure normally.

If you have any concerns regarding these instructions please discuss them with Dr Campbell.

### What else should I look out for?

If you develop a fever, severe pain on passing urine, inability to pass urine or worsening bleeding, you should contact Dr Campbell on (07) 3367-1608, or your family doctor since you may require treatment with antibiotics and/or the temporary passage of a catheter. For after hours emergencies Dr Campbell can be contacted on (07) 33671608.

The Wesley Hospital Emergency Centre (07) 3232-7333, and The Greenslopes Private Hospital Emergency Centre on (07) 3394-7111 are other resources that are also available.

### Are there any other specific points?

Your referring doctor will be sent a report of the procedure and if biopsy samples have been taken during the cystoscopy, your referring doctor will be informed of the results. You maybe asked to make a follow-up appointment after the test to discuss any further treatment. Additional or alternative treatment may, however, be recommended at the time of the test. Depending on the problem further inspections of your bladder may also be required in the future.

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## Hospitalisation—Transurethral Resection of a Bladder Tumour continued...

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### Who can I contact for more help or information?

**Dr Peter Campbell**

Suite 9, level 9, Evan Thomson Building, The Wesley Hospital,  
Chasely St,  
Auchenflower, QLD 4066  
(07) 3367 1608,  
[www.campbellurology.com.au](http://www.campbellurology.com.au)

**The Wesley Hospital, Urology Ward**

451 Coronation Drive,  
Auchenflower, QLD 4066  
(07) 3232 7168  
[www.uhc.com.au/wesley](http://www.uhc.com.au/wesley)

**The Wesley Emergency Centre**

451 coronation Drive,  
Auchenflower, QLD 4066  
(07) 3232 7333

**Greenslopes Private Hospital, Continence Advisor**

Newdgate St,  
Greenslopes, QLD 4120  
(07) 3394 7978  
[www.greenslopesprivate.com.au](http://www.greenslopesprivate.com.au)

**Greenslopes Private Hospital Urology Ward**

Newdgate St,  
Greenslopes, QLD 4120  
(07) 3394 7261  
[www.greenslopesprivate.com.au](http://www.greenslopesprivate.com.au)

**Greenslopes Private Hospital Emergency Centre**

Newdgate St,  
Greenslopes, QLD 4120  
(07) 3394 6777  
[www.greenslopesprivate.com.au](http://www.greenslopesprivate.com.au)

**The Queen Elizabeth II Jubilee Hospital,  
Urodynamics Department**

Kessels Rd,  
Coopers plains, QLD 4108  
(07) 3275 6346

**American Urological Association Foundation**

1000 Corporate Blvd, Suite 410,  
Linthicum, MD 21090  
1800 828 7866  
[www.UrologyHealth.org](http://www.UrologyHealth.org)

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Thank you for taking the trouble to read this information sheet. If you are satisfied with the explanation of the test, please sign below and this leaflet will be filed in your chart.

If you wish to retain a copy for you own records, one will be provided.

*I have read this information sheet and I accept the information it provides.*

Signature

Date

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