

Finger Lakes Urology Institute
DISCHARGE INSTRUCTIONS

SURGICAL PROCEDURE: Transurethral Resection of the Prostate

INSTRUCTIONS:

- 1) **No strenuous activity. No exercise, heavy lifting, shoveling, sports, sex, or grass mowing, no riding on a lawn mower. Walking is allowed (slowly).**
- 2) **Avoid constipation.
Take a stool softener (Colace). Take a laxative if necessary (Milk of Magnesia).**
- 3) **Avoid driving a car or riding in a car for 1-2 weeks.**
- 4) **Watch the color of your urine. It is normal to see blood in your urine for up to 6 weeks after your surgery. If the urine becomes pink, increase the amount of fluids you drink.**
- 5) **Continue to take your routine medication, unless your doctor has advised you differently.**
- 6) **Take your antibiotics as prescribed.**
- 7) **Consult your Primary Physician or Cardiologist about taking Aspirin or Motrin.**
- 8) **Call your urologist for an appointment.
He/She will want to see you in about 7 to 10 days.**

CALL YOUR DOCTOR:

**If your urine becomes bright red.
If you urinate large clots.
If you develop difficulties urinating.
If you develop fever or chills.**

