

EL CAMINO UROLOGY MEDICAL GROUP, INC.

A Division of USNC

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T.U.R. OF BLADDER TUMOR Post-Hospital Instructions and Recommendations

APPOINTMENT FOR OFFICE VISIT:

Please call our office the day you leave the hospital or within 24- 48 hours (Monday – Friday) to arrange an appointment to see your urologist approximately 10-14 days postoperatively.

MEDICATIONS:

You may be sent home from the hospital with a prescription for an antibiotic but not necessarily so. If you are given a prescription for medication, please finish all the medication. On your first or succeeding visits, you may have a different medication ordered, depending upon the urine culture findings. If you took routine medications from other physicians preoperatively, you should resume these upon your return home. Before restarting the following medications such as Coumadin, Persantine, Plavix, and any aspirin or aspirin-containing products, we suggest that you discuss this with your urologist. Discuss questions regarding routine medications with your family physician.

ACTIVITY:

Frequent short walks are helpful in regaining your strength. Heavy lifting (more than 10- 15 lbs.) should be avoided for at least two weeks from the date of the surgery. Excessive lifting or straining may result in serious urinary bleeding. Long trips (greater than 40 miles) should be avoided for at least one week postoperatively. Do not delay urination when you have a strong urge to do so during the first few weeks following surgery.

CONSTIPATION:

Straining for bowel movements may result in an unusual amount of bleeding from the operative area, and this should be avoided. If you become constipated, use mild laxatives such as 1- 2 tablespoons of Milk of Magnesia, Cascara, or Dulcolax suppositories as needed. Stool softeners such as D.D.S, Dialose, Dialose-Plus, or Metamucil may be useful. Natural foods such as prunes, dried figs, or bran and the like may also be helpful.

BLEEDING:

Many patients will notice some blood in the urine for the first 2- 3 weeks following all forms of bladder surgery. This may occur at the beginning or at the end of the urinary stream and occasionally throughout the entire specimen. If your urine becomes bright red rather than clear, yellow, or light pink, you are probably being too active and should go on a modified bed rest program for a day or two until the urine returns to a more normal color. Should you pass an occasional blood clot, this is not too important. However, if you pass many clots or have difficulty voiding because of clot- obstruction to the urinary channel, then contact your urologist. If your bladder becomes distended and uncomfortable because of an obstruction, go to the Emergency Room of El Camino Hospital if you cannot reach your doctor or the on-call doctor within a brief period of time.

PAIN AND FREQUENT URINATION:

Mild discomfort upon urination or when you sit or put pressure on the perineum is common and unimportant. It is unlikely that you will have any severe pain, but if you do, contact our office. You may notice increased urgency to void or voiding more frequently than usual during the first few weeks following transurethral resection of the bladder. Both pain and frequency will subside as the area of surgery heals and returns to normal. You may use Tylenol as needed for discomfort. Remember to avoid aspirin and aspirin- containing products during this period of time.

FOOD AND DRINK:

There are no particular restrictions on the types of food and drink that you may use following surgery. We do note, though, that some patients notice more frequent urination after drinking coffee, tea, alcoholic beverages or consuming spicy foods. If this is a problem, then those foods and fluids should be avoided for the time being. You need not drink excessive amounts of fluid, for this will only make you void more urgently and more frequently. The exception would be times when the urine is bright red, in which case increasing fluid intake will help wash out the blood and clear the urine more quickly.

QUESTIONS:

If you have any particular questions which you would like to discuss with your doctor, jot these down so that we can talk about them at the time of your office visits. If you feel there is a more urgent problem or question, feel free to contact our office by telephone at any time. There is a urologist available 24 hours a day, 7 days a week.