



**UROLOCARE HOSPITALS**

(Pty) Ltd. Reg. No/nr. 2001/005764/07

## TRANS URETHRAL RESECTION PROSTATE

### Home education

1. Adequate fluid intake 2–3 litres per 24 hours, to ensure the passing of high volumes of urine
2. Prevent constipation by taking the prescribed medication and eating enough fruit
3. Empty your bladder regularly
4. Refrain from driving a car for at least 3 weeks
5. Refrain from physical exercise/work for 3 weeks
6. No sexual intercourse for 6 weeks
7. Rest in the morning and the afternoon
8. Mobilise yourself both indoors and out doors
9. Complete medicine as prescribed
10. Attend your follow-up appointment
11. Do not consume sour drinks and food
12. Complications may occur such as:
  - Bloody urine
    - *drink enough fluids*
    - *Rest*
    - *If it does not clear up within 2–3 hours, phone your doctor*
  - Retention of urine
    - *Contact your doctor or phone The Urology Hospital (after hours).*

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