



## **Transurethral Prostatectomy Post-Operation Advice**

After undergoing transurethral prostatectomy surgery, patients may experience certain symptoms. Please take note of the activity and medication advice and consult your care team for further clarification if you have any questions.

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### **Post-operation symptoms**

#### **Blood in the urine**

- Do not be alarmed if you occasionally see small clots within three weeks of your surgery. This is part of the healing process, and it may take a few days to a few weeks to improve and resolve completely.

#### **Feeling the urgency to pass urine**

- It is common to have such sensations for up to several weeks after surgery. Inform your Urologist at the next clinic visit should the symptom persists.

#### **Burning sensation at the tip of your penis**

- This may last for a few days. Do take the pain killers provided upon discharge for relief if necessary.
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### **Activity and medication advice**

**Avoid cycling and lifting of heavy objects (more than 5kg) or exertion** for the first month after your surgery because excessive force can cause bleeding.

**Do not take blood thinning medication after surgery until your surgeon advises that you can resume the medication.** Examples of blood thinning medications include: Aspirin, Clopidogrel, Ticlopidine, Warfarin, Rivaroxaban, Apixaban, and Dabigatran.

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**Please go to the CGH Urology Clinic (8.30am to 4.30pm on weekdays) or the Emergency Department at the nearest hospital (outside clinic operating hours) if you experience any of the following:**

- **Persistent blood clots in your urine associated with drowsiness**
- **An inability to pass urine**
- **A fever of > 37.9°C**

**For non-urgent queries, please call the CGH Call Center and leave a message at (65) 6850 3333. A Urology Clinic staff will call you back in due course.**