

## BENEFITS OF A TURBT

The aim and benefits of having the operation are:

- To obtain necessary information about your disease (e.g. to see if your tumour is cancerous or not)
- To enable accurate treatment to begin
- To control the symptoms of your tumour such as bleeding or infections

Surgery is usually recommended when it is felt this would be the best option for your particular case. If you do not have the surgery:

- The tumour may continue to grow
- The tumour may cause further bleeding and discomfort
- Dr Elmes cannot fully assess what type of tumour you have. This may result in delays in future treatment



DR MARTIN ELMES  
UROLOGICAL SURGEON

Specialising in

Robotic Prostate and Kidney  
surgery

Advanced BPH treatments

Erectile Dysfunction treatment

With over 15 years of expertise in the field of Urology, Dr Elmes provides a full range of high quality urological services for patients with the use of advanced techniques and cutting edge equipment to perform procedures. Dr Elmes is highly qualified in the field of urology having completed extensive surgical training throughout Melbourne and Sydney.

His main interests in the field include:

### Minimally invasive Robotic Prostate & Kidney surgery

#### Advanced BPH treatments

Laser prostate enucleation (HoLEP)  
Rezum water vapour steam therapy  
UroLift

#### Erectile Dysfunction

Penile Prosthesis (no-touch technique)

Visit our website or call us on (07) 5575 7922 for more information about our urological services.

Varsity Lakes  
Suite 2 Level 1  
2 Lake Street  
Varsity Lakes QLD 4227

Pindara  
Suite 8 Level 1 – Pindara Place  
13 Cararra St  
Benowa QLD 4217

Contact us  
Phone: 07 5575 7922  
Fax: 07 5575 8922

Email: [admin@goldcoasturologist.com.au](mailto:admin@goldcoasturologist.com.au)  
[www.goldcoasturologist.com.au](http://www.goldcoasturologist.com.au)

## A PATIENT GUIDE TO TURBT



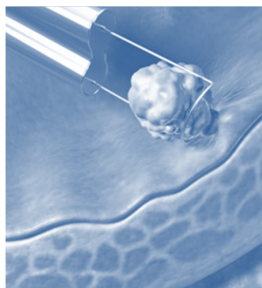
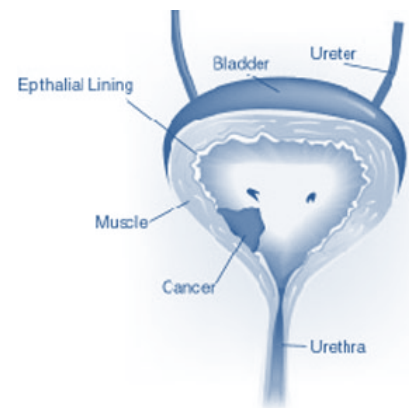
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## WHAT IS A TURBT?

TURBT is short for transurethral resection of bladder tumour. The procedure allows Dr Elmes to both diagnose and potentially treat various bladder disorders.

It is performed under general anaesthetic and often requires an overnight stay and a catheter placed to drain your urine for usually 24 hours. The procedure is performed with a telescope that is inserted through the urethra into the bladder.

The information that is gained from the procedure will inform Dr Elmes as to the type of tumour or abnormality that is in the bladder and how extensive it is. This can then guide Dr Elmes in determining whether or not additional treatment will be required for your condition.



During a TURBT procedure, a small wire loop is inserted through the urethra into the bladder to remove cancerous cells.

## BEFORE SURGERY

Dr Elmes rooms or the Hospital will instruct you a week before your surgery with information regarding Hospital admission times, fasting instructions, medications to cease or continue. You will also be provided information about pathology tests that may need to be done before your procedure.

## WHAT TO EXPECT POST YOUR PROCEDURE

### Expect:

- Catheter (tube into your bladder) with fluid running in to reduce any blood clots
- Catheter to be removed within 12-36hrs
- Six weeks of:
  - Frequency, urgency of urination
  - Mild burning pain on voiding
  - Pinkish discolouration of urine, occasional blood clots or blood in part of your stream

### What to do:

- Drink plenty of fluid
- Take URAL sachet (up to 4 times per day if burning)
- Take it easy for 6 weeks
- Use Oxytrol patches if you have severe urgency/frequency of urination

### Avoid:

- Heavy lifting or constipation for 6 weeks

### Inform Dr Elmes' rooms or present to John Flynn Hospital emergency:

- Unable to urinate
- Heavy continuous bleeding / multiple clots
- Fevers / unwell