

Your Recovery After Bladder Tumour Excision (TURBT)

What is TURBT?

TURBT stands for Transurethral Resection of Bladder Tumour. It's a procedure where a telescope is passed through your urine passage (urethra) to remove bladder tumours. No cuts are made on your skin, and it's usually done under spinal or general anaesthesia.

What to Expect During Recovery

Here's a quick overview of common symptoms after the procedure and how long they typically last:

Symptom	What to Expect	How Long It Might Last
Blood in urine	Light pink to reddish urine, sometimes off and on	About 1 to 2 weeks
Burning when urinating	A stinging feeling when you pass urine	3 to 10 days
Needing to go often	You may feel like going more frequently than usual	1 to 3 weeks
Small blood clots	You might pass a few clots	Up to 10 days
Feeling tired	A bit more tired than usual	1 to 2 weeks
Bladder cramps	Mild cramping, especially when passing urine	A few days to 2 weeks
Mild pain	Some discomfort in the lower belly	2 to 7 days

When to Call Your Doctor

Call your healthcare team or go to the nearest emergency service if you notice any of the following:

- • Bright red blood with clots that stop you from peeing
- • A fever over 38°C
- • Chills or feeling unwell
- • Strong pain that medication isn't helping
- • Trouble passing urine or not passing anything at all

Taking Care of Yourself at Home



Drink plenty of fluids

Try to drink about 1.5 to 2 litres of water a day (6-8 glasses). It helps flush your bladder and keeps things moving.



Medications

Take your painkillers and other medicines as prescribed. If you were given antibiotics, make sure to finish the full course.



Going to the Toilet

Don't rush or strain. If you're constipated, consider a mild laxative or stool softener.



Activity and Rest

Take it easy for the first few days. Light walking is fine, but avoid heavy lifting or intense workouts for at least 2 weeks.



Driving

Only start driving again when you feel alert and aren't taking strong pain meds.



Alcohol and Smoking

Avoid alcohol for a few days after surgery. If you smoke, now is a great time to quit — it can reduce your risk of tumour recurrence.

Follow-Up Appointments

Dr Smart's rooms will contact you to arrange a follow-up appointment for about two to three weeks time. At that time he will also have the results of the microscopic examination of the tissue that was removed from the bladder and depending on those findings will discuss with you what, if any, further treatments may be required and arrange a schedule for regular follow-up checks.

What About My Test Results?

The tissue removed during surgery will be sent to the lab to check the type and stage of the tumour. Based on those results, your doctor will decide if any additional treatment is needed.

If You Went Home with a Catheter

Some people go home with a catheter for a few days. If you did, your care team should have given you instructions on how to look after it and when it will be removed.

Need Help or Have Questions?

Don't hesitate to reach out to your doctor or clinic if anything feels off. It's always better to ask if you're unsure.

Contact details: Dr David Smart

Rooms 044-0011103

Emergencies: 082 567 9394