# Transurethral Resection Of The Prostate (Turp)

## What Is A Turp?

Transurethral resection of the prostate (TURP) is a surgical procedure used to treat benign prostatic hyperplasia (BPH), a condition where the prostate gland becomes enlarged, causing urinary problems.

## Why Is A Turp Done?

TURP is performed to relieve symptoms associated with BPH, such as difficulty urinating, frequent urination, urgency, weak urine stream, and incomplete bladder emptying. It is considered when conservative treatments like medications fail to provide sufficient relief.

## What Happens On The Day?

- **Preparation**: Patients are typically asked to refrain from eating or drinking for a few hours before the procedure. They may receive medications to prevent infection or to relax.
- **Anaesthetic**: TURP is usually performed under general anaesthetic, ensuring the patient is comfortable and pain-free during the procedure.
- **Procedure**: A surgeon inserts a resectoscope through the urethra into the prostate. The resectoscope contains a wire loop that cuts away excess prostate tissue, which is then flushed out with irrigation fluid.
- **Monitoring**: Vital signs such as blood pressure and heart rate are closely monitored throughout the procedure.
- **Post-procedure**: Patients are moved to a recovery area where they are monitored for any immediate complications.

## What Does The Treatment Process Involve?

- **Resection**: The surgeon carefully removes excess prostate tissue to relieve pressure on the urethra, allowing for better urine flow.
- **Irrigation**: Continuous irrigation with a sterile fluid helps clear the bladder and prevent blood clot formation.
- **Duration**: The procedure typically lasts 1 to 2 hours, depending on the size of the prostate and complexity.

## What Are The Risks Involved?

While generally safe, TURP carries risks including:

- **Bleeding**: Common during and after the procedure.
- **Infection**: Risk of urinary tract infection or, rarely, sepsis.
- **Erectile dysfunction**: Possible temporary or permanent.
- **Urinary incontinence**: Typically temporary.
- **Stricture**: Narrowing of the urethra.

## What Does The Recovery Process Involve?

- **Hospital stay**: Usually 1 to 3 days, depending on recovery progress and any complications.
- **Catheter**: A urinary catheter is often placed temporarily to allow healing and prevent urinary retention.
- **Pain management**: Medications are prescribed as needed for discomfort.
- **Monitoring**: Regular follow-ups to monitor healing and address any concerns.
- **Activity**: Patients are advised to avoid strenuous activities and heavy lifting for a few weeks post-procedure.

TURP is an effective treatment for BPH, providing relief from urinary symptoms. While it involves certain risks, the procedure is generally well-tolerated, with most patients experiencing improved quality of life following recovery.