

Urology – Prostate surgery (TURP/HoLEP/Rezum/Urolift)

Introduction

The COVID pandemic has had a significant impact on the NHS' ability to provide routine elective services. We recognise that patients are waiting longer than we would like and that it is not always possible to say when treatment will take place. This document provides our patients with information on how you can support yourself while waiting for treatment at the hospital. The guidance has been written by the clinicians who are responsible for your care.

This guidance is for patients awaiting surgery to improve urinary symptoms and covers a group of operations termed 'Bladder Outflow Surgery'. This encompasses the following operations:

- Transurethral prostatectomy
- Holmium Laser enucleation of the prostate
- Steam vapour treatment of prostate
- Prostatic urethral lift
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Guidance for Patients

If you have any long-standing conditions such high blood pressure you should get this reviewed at your Doctors' surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker, it would be advisable to seek support to help with stopping, advice can be found at your local pharmacy or Doctor's surgery.

Some patients' symptoms improve over time. If this occurs and think you may not need the operation, please contact one of the numbers below.

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Some patients have long term urinary catheters and decide not to have the surgery. Please contact us to let us know.

The websites below can provide you with support and information whilst you are waiting for your surgery:

British Association of Urological Surgeons

Managing urinary symptoms:

https://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Male%20LUTS.pdf

TURP https://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/TURP%20for%20benign.pdf

HoLEP https://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/HoLEP.pdf

Steam therapy https://www.baus.org.uk/_userfiles/pages/files/patients/leaflets/Rezum.pdf

Prostatic urethral lift https://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Urolift.pdf

What should I do if my health is deteriorating?

Patients can experience urinary infections which cause increased urinary frequency, urgency of urination and even blood in the urine. Please contact your GP in the first instance, as you may require antibiotic treatment. It is helpful to provide a specimen of urine for your GP before commencing antibiotics.

Occasionally whilst waiting for surgery, you can sometimes develop an extreme difficulty or inability in passing urine. You should seek urgent medical care in the A&E department to help relieve this problem.

If your general health worsens whilst waiting you should seek advice:

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

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Contact Us

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