



Patient Instructions

## Transurethral Resection of a Bladder Neck Contracture (TURBNC)

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Transurethral resection of a bladder neck contracture (TURBNC) may be done to open a narrowing (contracture) of the bladder neck. The surgeon uses an instrument inserted into the urethra that generates an electric current or laser beam to make incisions in the bladder neck. Cutting muscle in this area relaxes the opening to the bladder, decreasing resistance to the flow of urine out of the bladder. No tissue is removed.

You will go home with a catheter. The catheter could remain in place for 2 days to 2 weeks. You may feel like you have to empty your bladder with your catheter in, especially when you are waking up from anesthesia. You may experience bladder spasms (feeling the need to urinate or cramping) with the catheter in. We will teach you how to care for the catheter before you leave the surgery center.

You may see blood in your urine (pink to red) over the next six weeks. Do not be alarmed, even if the urine was clear for a while. It is important to note that the more you do (exercise, walking) the greater the chance of bleeding. Please contact your doctor if the bleeding becomes thick/dark or you develop clots.

Do not lift more than 10 pounds for 2 weeks. No intercourse until it is ok'd by your doctor. You may shower with your catheter in, but no tub baths, hot tubs, or swimming.

You will be given pain medications. Pain medications can cause constipation. Please drink fluids (eight, 8-oz glasses daily) and eat high fiber foods. You may need to use an over the counter stool softener. It is important to keep your bowels regular. Straining with bowel movements can cause increased bleeding.

Please feel free to call 249-3900 and ask to speak with your doctors triage nurse if you have any problems or questions.