



# CARE INSTRUCTIONS

KAISER PERMANENTE

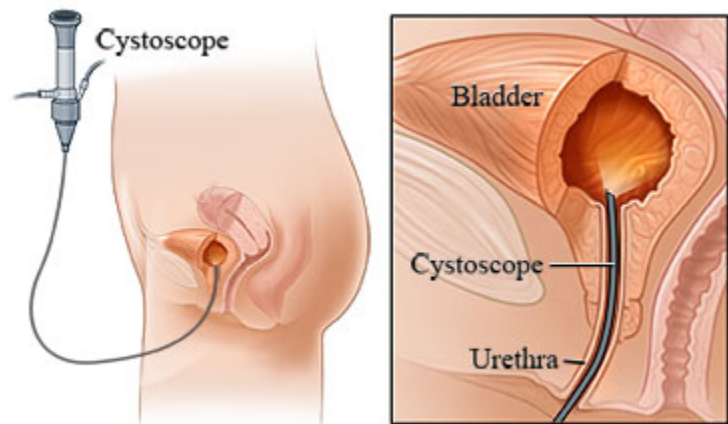
## Transurethral Resection for Bladder Cancer: Before Your Surgery

### Your Kaiser Permanente Care Instructions

Transurethral resection (TUR) of the bladder is a surgery to remove cancer. It does not take out the bladder.

TUR is the most common way to treat early-stage bladder cancer. It may also work well for more advanced cancer if all the cancer is taken out and biopsies show that no cancer cells are left.

The doctor will put a thin, lighted tool into your urethra. This tool is called a cystoscope or scope. The urethra is the tube that carries urine from the bladder to the outside of the body. The doctor will gently thread the scope into your bladder. Your doctor will use small tools through the scope to take out and/or burn away any cancer cells.



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**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

### What happens before surgery?

Surgery can be stressful. This information will help you understand what you can expect. And it will help you safely prepare for surgery.

## Preparing for surgery

- Understand exactly what surgery is planned, along with the risks, benefits, and other options.
- Tell your doctors ALL the medicines, vitamins, supplements, and herbal remedies you take. Some of these can increase the risk of bleeding or interact with anesthesia.
- If you take blood thinners, such as warfarin (Coumadin), clopidogrel (Plavix), or aspirin, be sure to talk to your doctor. He or she will tell you if you should stop taking these medicines before your surgery. Make sure that you understand exactly what your doctor wants you to do.
- Your doctor will tell you which medicines to take or stop before your surgery. You may need to stop taking certain medicines a week or more before surgery. So talk to your doctor as soon as you can.
- If you have an advance directive, let your doctor know. It may include a living will and a durable power of attorney for health care. Bring a copy to the hospital. If you don't have one, you may want to prepare one. It lets your doctor and loved ones know your health care wishes. Doctors advise that everyone prepare these papers before any type of surgery or procedure.

## What happens on the day of surgery?

- Follow the instructions exactly about when to stop eating and drinking. If you don't, your surgery may be canceled. If your doctor told you to take your medicines on the day of surgery, take them with only a sip of water.
- Take a bath or shower before you come in for your surgery. Do not apply lotions, perfumes, deodorants, or nail polish.
- Take off all jewelry and piercings. And take out contact lenses, if you wear them.

## At the hospital or surgery center

- Bring a picture ID.
- You will be kept comfortable and safe by your anesthesia provider. You may get medicine that relaxes you or puts you in a light sleep. The area being worked on will be numb.
- The surgery will take from 15 minutes to 1 hour.

## Going home

- Be sure you have someone to drive you home. Anesthesia and pain medicine make it unsafe for you to drive.
- You will be given more specific instructions about recovering from your surgery. They will cover things like diet, wound care, follow-up care, driving, and getting back to your normal routine.

## When should you call your doctor?

- You have questions or concerns.
- You do not understand how to prepare for your surgery.
- You become ill before surgery (such as fever, flu, or a cold).
- You need to reschedule or have changed your mind about having the surgery.

## Where can you learn more?

Go to <http://www.kp.org>

Enter **T220** in the search box to learn more about "**Transurethral Resection for Bladder Cancer: Before Your Surgery.**"

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