

# Transurethral Resection of a Bladder Tumor (TURBT)

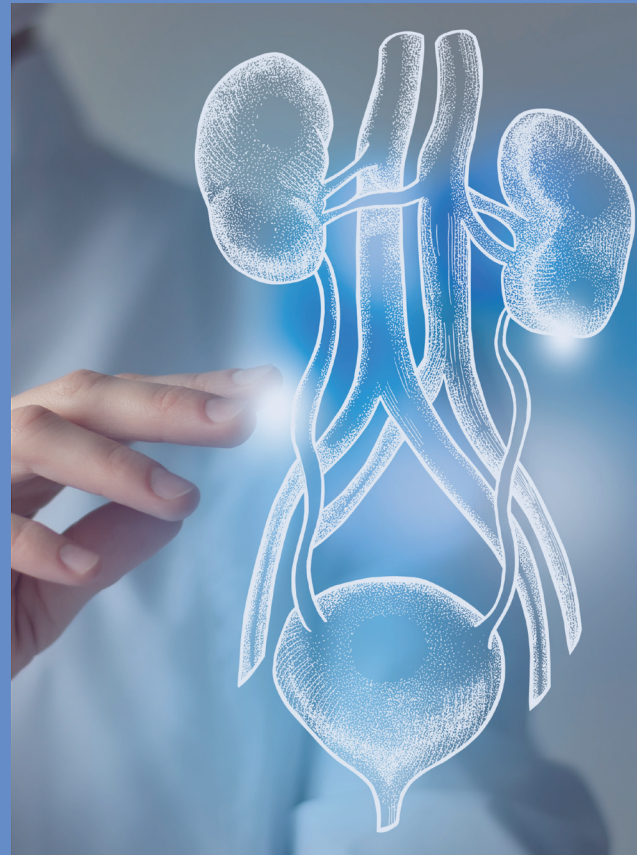
## A PATIENT'S GUIDE

For more information about bladder cancer or to find a provider near you, visit [tnurology](https://tnurology.com) or call 865-351-6644.

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## UNDERSTANDING BLADDER TUMOR BIOPSY AND RESECTION

Transurethral resection of a bladder tumor (TURBT) is an endoscopic surgery performed for early-stage bladder cancer to remove a bladder tumor (resection) while also allowing the urologist to perform a diagnostic biopsy to determine a cancer type, grade, and stage. A TURBT can help in staging the cancer by determining if it has invaded the bladder wall.

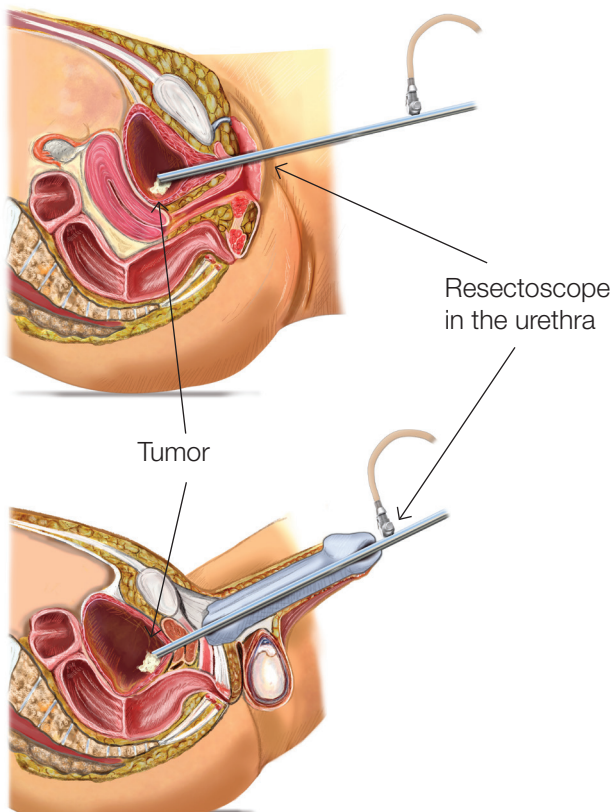
### DID YOU KNOW?

Bladder cancer is the fourth most common cancer in men, but it is less common in women, according to the American Cancer Society.

Cigarette smoking is one of the top risk factors for bladder cancer. Smokers are about four times more likely to get bladder cancer than people who have never smoked.

## How a TURBT is Performed

- A TURBT is performed under general anesthesia on an outpatient basis for most patients.
- The bladder tumor biopsy and resection is performed using an instrument called a resectoscope which is inserted into the bladder through the urethra (transurethral). No incisions are necessary with this approach.
- Your provider will use the resectoscope to remove the tumor, which will be sent to a pathology lab for testing. Once the tumor is removed, the urologist will attempt to destroy any remaining cancer cells by burning the area using electric current through a process called fulguration or cauterization.



- Your provider may also instill chemotherapy medicine into the bladder using the scope. This is called intravesical chemotherapy and helps ensure any remaining cancer cells are eradicated. This may need to be repeated.

## Preparing for a TURBT

- Do not eat or drink after midnight before your surgery.
- Inform your provider of all medications that you take including over-the-counter medicines and supplements. Do not stop any medications unless directed by your physician.
- If you are directed to take medications in the morning before your procedures, use only a very small amount of water.
- You may shower before your procedure. Do not use lotions, perfumes, or deodorant after you shower.
- Dress comfortably on the day of the procedure. Bring identification but please leave valuables at home.
- Bring someone who can drive you home after the procedure.

## What are the risks of bladder tumor biopsy and resection?

Bladder tumor biopsy and resection is a very safe procedure. While uncommon, surgical risks may include:

- Adverse reaction to anesthesia
- Urinary tract infection
- Bleeding
- Perforation of the bladder

If you experience any symptoms such as fever, chills, or heavy bleeding following the TURBT procedure, contact your provider's office immediately.

## Recovery and What to Expect Following Your Procedure

- Following the procedure, a catheter (thin, flexible tube) will be inserted into the bladder to drain urine. It is normal for there to be a small amount of blood in the urine. Drinking liquids will help flush out your bladder and help prevent infections. The catheter will be removed when there is no blood visible in the urine.
- Most TURBT procedures are performed on an outpatient basis in an ambulatory surgery center. You may have the procedure performed in a hospital and be kept overnight if there are other medical concerns, or if you had a large amount of tissue removed.
- You should be able to drink and eat normally following your procedure. Increased fluid intake may also be recommended.
- You may experience some discomfort when you urinate.
- You should be able to return to normal activity within a few days of having a TURBT.



## Long-Term Outlook for Bladder Cancer Patients

Bladder tumor biopsy and resection is an effective treatment for early-stage bladder cancer. It can prevent cancer from spreading into the bladder muscle wall. Invasive bladder cancers that spread require more extensive treatment.

If bladder cancer returns after removal of the initial tumor(s), additional TURBT procedures may be necessary. The risks of repeated TURBT procedures are small.

## What if the Diagnosis is Advanced Bladder Cancer?

If the TURBT shows that you have a more advanced bladder cancer, further treatment may be required. This could include:

- A more extensive TURBT and/or minimally invasive surgery to remove the tumor
- Surgery to remove the bladder
- Chemotherapy
- Radiation
- Bacillus Calmette-Guerin therapy (BCG), which is used to trigger the body's immune response against the cancer cells and lower the risk of cancer from recurring

Your urologist and pathologist will determine the best course of treatment based on the staging of the tumor and your personal medical history.