

## UR15lite Bladder-Neck Incision

Expires end of December 2019

A more detailed version of this procedure specific information sheet is available. Please ask your health practitioner at Joondalup Health Campus for a copy.

**Write questions or notes here:**

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This document will give you information about a bladder-neck incision. If you have any questions, you should ask your GP or other relevant health professional.

### What causes prostate trouble?

Prostate trouble is caused by the growth of your prostate gland (see figure 1). It is normal for your prostate gland to get larger with age. If the gland tightens around your urethra, it can interrupt the flow of urine from your bladder.

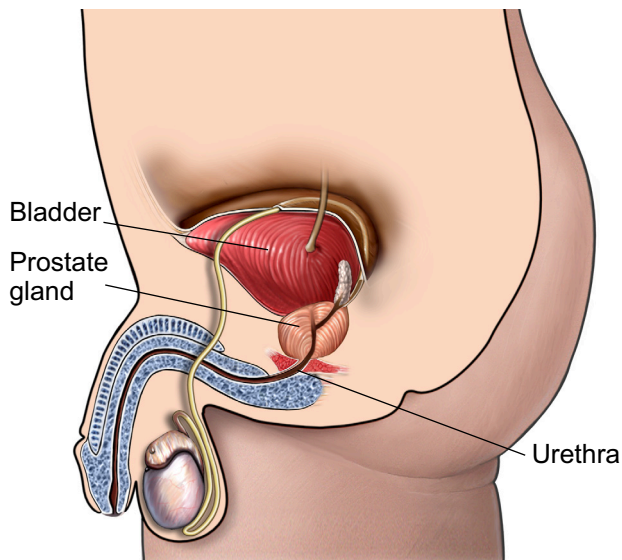


Figure 1  
The position of the prostate gland

### What are the benefits of surgery?

You should get a better flow of urine and improved bladder emptying, and not need to pass urine as often during the night.

### Are there any alternatives to surgery?

For most men an operation is not essential. There are medications available to treat the condition but this is rarely a permanent solution.

### What does the operation involve?

The operation is performed under a general or spinal anaesthetic. The operation usually takes less than an hour.

Your surgeon will place a resectoscope (a small operating telescope) into your urethra. They will make small cuts in the neck of your bladder to relieve the pressure.

### What complications can happen?

#### 1 General complications

- Pain

- Bleeding
- Infection
- Blood clots

#### 2 Specific complications

- Impotence
- Difficulty passing urine
- Incontinence
- Needing to pass urine more often and sudden urges to pass urine
- Reduction in fertility
- Narrowing of your urethra

#### How soon will I recover?

You should be able to go home the next day. You will feel a stinging pain the first few times you pass urine. You should be able to return to work after two to three weeks, depending on your type of work. Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice. Most men make a good recovery, with a large improvement in their symptoms.

#### Summary

Prostate trouble is common. If your medication does not help or symptoms are severe, a bladder-neck incision should relieve your symptoms.

#### Acknowledgements

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