



Patient & Family Guide  
2026

# After Your Urological Surgery

Dartmouth General  
Hospital



[www.nshealth.ca](http://www.nshealth.ca)

# After Your Urological Surgery

Your surgeon's office will call to give you a follow-up appointment:

\_\_\_\_\_

At: \_\_\_\_\_ a.m./p.m.

Location: \_\_\_\_\_

- Call your surgeon's office next week to make a follow-up appointment in \_\_\_\_\_ weeks/months.

My primary health care provider's (family doctor or nurse practitioner) phone number:

\_\_\_\_\_

My surgeon's phone number: \_\_\_\_\_

- You should have a follow-up appointment with your surgeon 6 to 8 weeks after your surgery.
- **If you do not have an appointment when you leave the hospital, call your surgeon's office next week.**
- For some surgeries, you may not need a follow-up appointment.

## Eating and drinking

- Drink lots of fluids. Water is best.
  - › If your urine (pee) is light yellow, drink your usual amount of fluids.
  - › If your pee is darker, try to drink more fluids.
- **Do not drink alcohol for 30 days (1 month) after your surgery.** Alcohol will slow your healing.
- Eating foods with lots of fibre will help with your bowel movements (poops). Foods with a lot of fibre include:
  - › Bran cereals
  - › Whole wheat bread
  - › Leafy, green vegetables (like spinach and kale)
  - › Fresh fruit

## Using the washroom

- Your surgery was done in an area very close to your rectum (bum).
- **Try to relax. Do not force or strain (push very hard) to poop. This can cause bleeding.**
- Remember that you have an incision (cut) on the inside of your body that needs time to heal.
- **If you are constipated (cannot poop):**
  - › You can use a laxative (medication to help you poop) for 2 to 3 months after your surgery, as needed.
- **Do not use an enema (putting liquid in your rectum to clean your bowels or help you poop) unless your primary health care provider says it is OK.**

## Activity after surgery

- You will need to rest and heal after your surgery.
- **Do not** lift anything heavier than 15 pounds.
- **If you feel pain while doing an activity, stop doing it.**

- For the first few weeks after you leave the hospital, you may see blood in your pee after walking and doing light activity. **This is normal.**
- Get enough rest and drink more fluids (water is best). This will help to flush out any bleeding. You may have to pee more often for the first few days.

### **Call your surgeon's office if:**

- › You cannot pee after resting and drinking lots of water
- › You still have blood in your pee and you are worried

### **Go to the nearest Emergency Department right away if:**

- › The bleeding gets worse
- › You see a lot of blood clots in your pee
- › You have new, bright red blood clots in your pee

## Driving

- You may drive if your surgeon says it is OK. This will depend on what type of surgery you had.
- **Do not drive if:**
  - › You have pain and cannot push the gas and brake pedals with your foot
  - › You are taking medication(s) that makes you feel tired or dizzy

## Sex

- **If you had a transurethral resection of the prostate (TURP):**
  - › **Do not** have sex for 4 to 6 weeks after your surgery
- You may feel mild (a little) pain when you go back to having sex. This will go away over time.
- If you feel pain during sex, stop and rest. Wait for 1 or 2 days before having sex again.
- Your semen may have blood in it for 2 to 3 months after your surgery. It may be red, brown, or black. This will go away over time.

## Managing pain

- Your surgeon will suggest medication to help manage your pain. This may include:
  - › Acetaminophen (Tylenol®)
  - › Anti-inflammatory medication, like ibuprofen (Advil®), naproxen, or Celebrex®.
- Managing your pain will help with your recovery.

**Call your surgeon's office, your primary health care provider, or 811 if you have any of these symptoms:**

- You cannot pee or have trouble peeing
- Fever (temperature above 38 °C or 100.4 °F) and/or chills
  - › This could mean you have an infection
- Pain or discomfort at the surgical area that is getting worse
- Bright red pee with blood clots

**If you cannot reach anyone, go to the nearest Emergency Department right away.**

# Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](http://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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Learn more:

<https://library.nshealth.ca/patient-education-resources>