

內視鏡前列腺切開或切除術

簡介

前列腺位於男性的膀胱出口，良性前列腺肥大症是男性常見的泌尿系統疾病，常見於50歲以上。患者膀胱出口收窄，阻礙尿液排出，有尿頻，排尿不清，小便困難等症狀。內視鏡前列腺切開或切除術是較新及安全的療法。

準備

- ◆ 手術前兩天要停止吸煙
- ◆ 手術前一天晚上要沐浴及洗頭
- ◆ 手術前一天晚上八時使用瀉藥
- ◆ 零晨開始禁止飲食
- ◆ 需簽署手術同意書

過程

全身麻醉下進行手術。首先，醫生從尿道放入內視鏡，並用電刀把肥大的前列腺切開或切除，擴闊膀胱出口的通道，然後插入尿喉並立即沖洗膀胱。

護理和建議

- ◆ 接受全身麻醉後會感疲倦、渴睡、暈眩，因此需在日間護理中心休息數小時，接受觀察
- ◆ 返家後，應休息最少24小時。最好由家人照顧
- ◆ 因曾接受全身麻醉或鎮靜劑，致手術後會思睡。故此24小時內切勿：
 - 駕駛汽車、煮食、操作機器或危險工具
 - 飲用含有酒精的飲料及服食含有鎮靜劑的藥物
 - 作出重要決定或簽署文件
- ◆ 兩小時後，除去尿喉，讓病人自行小便
- ◆ 返家後，初期可先飲流質，如無不適，可進食固體食物
- ◆ 手術後偶有喉痛、頭痛、頭暈、嘔吐，靜脈穿刺位發癢等，數天後會自然消失
- ◆ 手術後首兩天，每天應飲水2至3公升以助排尿

- ◆ 手術後數天可能會感小便灼痛，尿液呈紅或有少許血塊，數天後應漸漸消失。要停飲咖啡、茶、可樂、酒精及補藥類飲品
- ◆ 需要時，可服用止痛藥

覆診

- ◆ 請按時覆診
- ◆ 手術後翌日及第三日，中心職員會致電閣下跟進康復情況 (只限東華醫院)

併發症

如有下列情況，必須向醫生求診

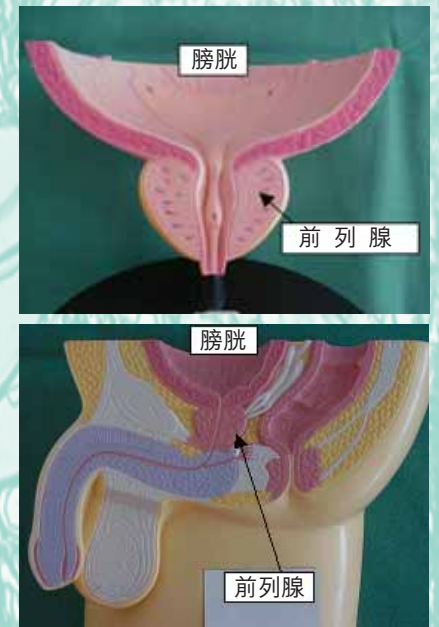
- ◆ 傷區有劇痛
- ◆ 小便有困難
- ◆ 手術後3日，小便仍有血塊或呈紅色
- ◆ 發熱 (體溫高過38°C或100°F)

如對手術有任何疑問，請致電：
東華醫院: 2559 9399 (辦公時間)
9309 1329 (非辦公時間緊急求助)
瑪麗醫院: 請聯絡主診醫生

以上資料由東華醫院外科部提供



內視鏡前列腺切開或切除術 TRANSURETHRAL RESECTION VAPORIZATION PROSTATECTOMY (TURVP)



TRANSURETHRAL RESECTION VAPORIZATION PROSTATECTOMY (TURVP)

Introduction

The prostate is an urologic organ that is situated at the outlet of the bladder. Benign prostate hypertrophy most commonly affects men over age 50. The patient's bladder outlet is narrowed and impeded urinary outflow. The patient will have urinary frequency, feels unable to empty the bladder and difficulty in urination. TURVP is an advance urological operation for this disease.

Preparation

- ◆ Cease smoking for at least 2 days
- ◆ Bath or shower and shampoo
- ◆ Fasting after midnight
- ◆ Use fleet enema at 8:00pm one day before operation
- ◆ A written consent is required

Procedure

- ◆ The operation will be performed under general anaesthesia

- ◆ A resectoscope is passed through the urethra to remove the hyperplastic prostate tissue
- ◆ After the operation, a foley's catheter is inserted inside the bladder for immediate bladder irrigation

Care & Advice

- ◆ After general anaesthesia, you may feel tired, dizzy or weak. You will be observed in our Day Care Centre for a few hours until you are fit to go home
- ◆ Stay at home for at least 24 hours. A mature adult should accompany you for first 24 hours. You must avoid:
 - Driving, cooking or operating a motorized vehicle or equipment
 - Taking alcoholic drinks or sedatives
 - Signing any legal document or making important decisions
- ◆ You may have sore throat, headache, vomiting or bruises at the puncture site occasionally. They will subside

after a few days

- ◆ The foley's catheter will be removed afterwards and you will try to pass urine
- ◆ You will have bladder irrigation for 2 hours after operation. You can go home when your general condition is fit
- ◆ The first 2 days after operation, drink 2 to 3 liters of water per day to help urination
- ◆ The first few days after operation, you will feel pain during urination. There will be blood stained urine or blood clots in urine. Avoid drinking coffee, tea, coke and alcoholic drinks
- ◆ Take painkillers as prescribed

Follow up

- ◆ Follow up as scheduled
- ◆ On the first and third day after the operation, our staff will follow you up through telephone interview (Tung

Wah Hospital only)

Complications

You should seek medical advise if you have any of the following sign and symptoms:

- ◆ Continue passing blood clots and blood in urine 3 days after operation
- ◆ Severe pain despite taking the pain killer
- ◆ Difficult to or cannot pass urine
- ◆ Fever (body temperature above 38°C or 100°F)

Should you have any enquiry about the operation, please phone to:

Tung Wah Hospital:

2559 9399 (Office hour)

9309 1329 (Non-office hour emergency)

Queen Mary Hospital: Please consult your doctor-in-charge

Information provided by Department of Surgery, Tung Wah Hospital