

General Surgery- Urology

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself /stay healthy while waiting to attend the hospital.

The guidance has been written by clinicians who are responsible for your care

Guidance for Patients

TURBT

What can I do to help make the operation a success?

- If you smoke, stop smoking now. Smoking is one of the main reasons why many people have this cancer with smokers 40 times more likely to have it than non-smokers. Stopping now will reduce the risk of new bladder tumours forming. Stopping several weeks or more before the operation may reduce your risk of developing complications and will improve your long-term health.
- Try to maintain a healthy weight and a well-balanced diet. You have a higher risk of developing complications if you are overweight.
- Remain active and as medically fit as possible. Regular exercise should help to prepare you for the operation, help you to recover and improve your long-term health. Before you start exercising, ask the healthcare team or your GP for advice.
- If you are taking aspirin, warfarin or clopidogrel, you may need to stop taking them for a short period, this will be discussed with you during your pre-operative assessment.

What should I do if my health is deteriorating?

If your health should deteriorate or your condition changes whilst waiting for surgery, then please contact our main switchboard on 01604 634700 and ask for the relevant department or Consultant that has planned your care or is managing your care.

Contact Us

Main switchboard 01604 634700