

## Holmium Laser Enucleation of Prostate (HoLEP)

### Introduction

This information is for men who are awaiting laser surgery (HoLEP) to treat an enlarged prostate that is causing obstruction to the outlet of the urinary bladder. You may have decided to have this surgery either to relieve urinary symptoms or to allow you to pass urine again spontaneously, without the need for a urinary catheter.

### Guidance for Patients

If you are awaiting HoLEP surgery to treat urinary symptoms, you should continue any medication that you have been prescribed to help your symptoms. You should maintain a good fluid intake of 2-3 litres/ day. Caffeine, alcohol and fizzy drinks should be avoided as these may irritate your bladder and worsen your symptoms. Restricting your fluid intake in the evening (after 6pm) might help to reduce the number of times you get up to pass urine at night.

If you have a catheter, you should ensure that you remain well hydrated by drinking plenty of fluids, about 2-3 litres/ day. You will have been taught the importance of good catheter care. The catheter should be changed regularly, at least every 12 weeks and sometimes more frequently on the advice of a medical professional.

This link gives access to our Urology patient information leaflets, which offer [guidance for specific urology conditions and procedures](#).

### What should I do if my health is deteriorating?

**If you are awaiting HoLEP for urinary symptoms please alert the urology department (see below) or your GP in the following situations:**

You pass visible blood in your urine

You have recurrent urine infections

You have been unable to pass urine at all and have had a urinary catheter inserted. Acute retention of urine is very painful and requires emergency treatment by insertion of a catheter.

**If you are awaiting HoLEP and have a catheter please alert the urology department (see below) or your GP in the following situations:**

You develop symptoms that may indicate infection, e.g. fever, cloudy urine, pain in your lower abdomen. If you have a severe infection (sepsis), this will require treatment in hospital and you should attend the Emergency Department.

You have recurrent catheter blockages

There are increasing problems with catheter exchanges

### Contact Us

Main hospital switchboard: 01223 245151 / 01223 805000

Urology specialist nurses: 01223 274608

Urology outpatient clinic: 01223 216575