

PATIENT INFORMATION

Having a TULA® Procedure

TULA® stands for Trans Urethral Laser Ablation

This leaflet should help to answer some of your questions about having TULA® procedure. If you have any further questions, please speak to a doctor or nurse caring for you.

Introduction

You have been asked to attend for a TULA® procedure. TULA® stands for Trans Urethral Laser Ablation and is essentially a flexible cystoscopy using a form of Laser treatment. Using the Laser will allow you to have the procedure done under local even no anaesthesia in the Outpatient Department and in most cases, you should be able to go home the same day following the procedure. During the TULA® procedure if a suspicious area or a tumour is identified then a biopsy (tissue sample) may be taken and sent for pathology (i.e., to look under the microscope). The laser will then be used to completely remove any abnormal tissue and stop any bleeding.

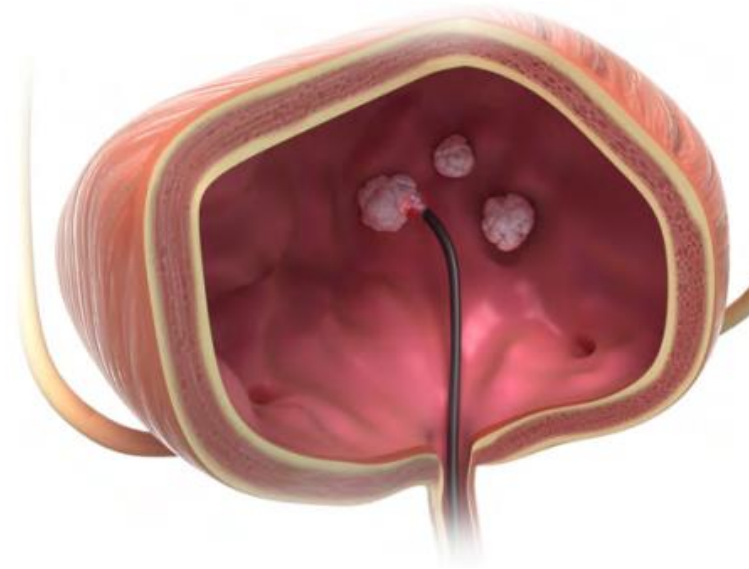
What happens on the day of the procedure?

1. There is no special preparation required, you can eat and drink as normal on the day of the procedure.
2. It is best to arrive for your appointment with a full bladder, as on your arrival you will be asked to produce a urine sample for analysis prior to undergoing the procedure.
3. If the urine analysis shows evidence of infection the TULA® procedure will have to be cancelled to prevent a septic episode.

Details of the procedure

1. This is a cystoscopy examination of the interior of the urinary bladder.
2. A fine flexible telescopic tube will be passed through your urethra (water pipe) to examine your bladder.
3. You will be awake throughout the procedure.
4. In order to minimise discomfort, an anaesthetic gel will be applied into the urethra.

5. A biopsy (a sample) will be necessary if there is a bladder lesion.
6. The laser fibre is passed through the flexible telescope and the tumour is destroyed; the procedure is usually painless.
7. Whilst in the procedure room you will be required to wear a pair of laser protection glasses throughout the procedure as a Health & Safety precaution.
8. Approximate time of the procedure varies between 10 and 20 minutes.



1. You will have been counselled regarding any blood thinning medication (e.g., Clopidogrel) at your initial appointment; if however you have any doubts or questions please contact the Urology Department ~ Urology Nurse Specialist on 01803 65509 option 5.
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3. You will be able to go home immediately after the procedure.
4. You will be given a single dose of antibiotic before going home.
5. Following the procedure, a letter will be sent to your GP informing him/her of the procedure, the outcome and the next appointment.

Are there are any side effects?

1. Mild burning sensation while passing urine for a short period of time after the procedure.
2. Infection in your bladder requiring antibiotic treatment.
3. Delayed or on-going bleeding requiring further treatment such as a catheter or even admission to hospital.
4. Secondary haemorrhage can occur in two to three weeks and is often due to an infection in your bladder.

Is there any way I can prevent post-operative problems?

Yes, there are several measures that will help:

1. Drink plenty of fluid; you should aim to drink at least two litres daily for two or three days following your procedure. This will dilute your urine and reduce any discomfort when you pass urine. It also helps to keep the bladder flushed, so that blood clots are less likely to develop, and the urine continues to flow easily.
2. Take paracetamol if you have any discomfort.
3. Try to stay active; this will help speed up your recovery.
4. Watch out for urine infection. If you develop a fever or if your urine becomes cloudy or thick, you could have an infection. You should contact your GP and have a course of antibiotics.

Before You Go Home

We will tell you how the procedure went, and you should:

1. Make sure you understand what has been done.
2. Ask the surgeon if everything went as planned.
3. Let the staff know if you have any discomfort.

Further Information

Macmillan Cancer Support

Freephone: 0808 808 0000 (7 days a week, 8am – 8pm)

www.macmillan.org.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

Telephone: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare to help you make choices about your health.

www.nhs.uk

Contact us

If you have any questions about this procedure or your results, please contact one of our ~ Urology Nurse Specialist on 01803 65509 option 5 (Monday to Friday, 8am to 5pm).

If you, or the individual you are caring for, need support reading this leaflet please ask a member of staff for advice.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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