

Transurethral laser ablation (TULA)

What is transurethral laser ablation?

Transurethral laser ablation is the removal of abnormal tissue in the bladder using a laser, via a long, thin camera called a cystoscope. A fine laser fibre is passed through a cystoscope and the abnormal tissue is destroyed.

Why do I need this procedure?

During a previous cystoscopy a small area of abnormal tissue may have been found and the clinician has made the decision that it should be removed using laser under local anaesthetic while you are awake.

What are the alternatives?

The alternative is a cystoscopy under general anaesthetic to surgically remove the recurrence, but you may be unsuitable due to other health conditions. Another alternative is not to have treatment, however, if a cancerous tumour is present, the disease will spread if left and may become untreatable.

What are the potential risks and side effects?

The procedure is generally tolerated very well, however you may experience:

- A mild burning sensation when passing urine for a short time after the procedure.
- An infection in the bladder requiring antibiotics.
- Pink urine (haematuria due to the presence of blood) for a short time.

In addition, there is a small risk of ureteric injury or recurrent disease requiring further procedures. Dependent on the size of the tumour, more than one procedure may be required.

What are the expected benefits of treatment?

- You avoid a general anaesthetic and an inpatient hospital stay.
- You make a speedier recovery.
- You **can stay on** anti-coagulation medication such as Warfarin or Rivoroxiban.

What should I do before I come into hospital?

There is no special preparation required and you can eat and drink as normal. Please bring a fresh urine sample with you and **continue with your anticoagulation medication** as normal.

Will I have an anaesthetic?

A local anaesthetic gel is passed into the urethra, which can sting a little for a very short time.

How will I feel afterwards?

You may experience some discomfort for up to 72 hours. If you do, normal pain relief, such as paracetamol, will be adequate.

How long will I be in hospital?

You will be in hospital for around an hour and can go home immediately post procedure.

What should I do when I go home?

Drink at least two litres a day for two or three days following your procedure. This will dilute your urine and reduce any discomfort when passing urine. It will also flush out the bladder, so that blood clots are less likely to develop, and urine continues to flow easily.

If you develop a fever or if your urine becomes cloudy and bad smelling, you may have developed a urine infection. Contact your GP as you may need a course of antibiotics.

How soon will I be able to resume normal activities?

You should be able to return to normal activities within 24 hours if you're feeling able.

Will I have to come back to hospital?

A follow up cystoscopy will be requested for a few months' time. You may need further laser treatment in a few weeks or months.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

If you require further information, please contact a member of the nursing team in the urology investigation suite at Eastbourne DGH on 0300 131 4500 or extension 770640.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

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The directorate group that have agreed this patient information leaflet:

DAS (Diagnostics, Anaesthetics and Surgery)

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