

TULA (Trans Urethral Laser Ablation)

Information Leaflet

Transurethral Laser Ablation

This information explains what a TULA procedure is, why you need to have it, what happens during the procedure, and what happens afterwards.

Why have I been given this information?

You have been given this information because you have some abnormal looking tissue in your bladder. Your urologist needs to look at it more closely and may take some of this tissue away to send away for testing.

What is TULA?

Transurethral laser ablation, or TULA is when abnormal tissue in the bladder is removed using a laser.

A flexible cystoscope, a small tube containing a tiny camera is put into your urethra (the tube from your bladder that urine drains through), and then carefully passed into your bladder. The laser fibre is passed through the cystoscope.

Why do I need a TULA?

You may have had a cystoscopy (when a doctor or nurse has looked at your bladder with a cystoscope), and a small area of abnormal tissue may have been found. The doctor or nurse looking after you has decided that this piece of tissue should be removed using a laser, so they have booked you in for a TULA. You may also have a TULA instead of a having a cystoscopy. This is in case an area of abnormal tissue is spotted in your bladder: it can be identified and treated at the same time.

Will I need to have a general anaesthetic (be put to sleep) with a TULA?

No. You will have a local anaesthetic so you will be awake. You won't need a general anaesthetic, and you will make a speedier recovery.

If I do not have a TULA, what are the alternatives?

The alternative is a cystoscopy under general anaesthetic to surgically remove the abnormal tissue, but you may not be able to have this if you have other health problems. Another alternative is not to have treatment. But if you have a cancerous tumour, the disease may spread if nothing is done.

What preparation do I need to do before a TULA?

You can eat and drink as normal before the procedure.

If you are currently taking any antibiotics or have a urine infection please contact the urology department at least the day before. Your urine will be checked for infection on arrival so please arrive with a comfortable bladder or bring a fresh urine sample with you.

You should continue to take all your medicines as normal unless you have been told not to.

You may have antibiotics before or after the TULA. Please tell us if you are allergic to any antibiotics.

What happens on the day?

A healthcare professional will explain the entire procedure and you will be asked to sign a consent form to agree to the procedure. Just before your procedure you will be asked to change into a hospital gown.

You can eat and drink as normal for this appointment.

What happens during the procedure?

1. The healthcare professional will clean the area first and then put an anaesthetic jelly into the urethra. This is a lubricant as well as a local anaesthetic. The surrounding area will be covered with a sterile (clean) paper sheet and sterile towels.
2. The healthcare professional will put the cystoscope into the urethra and then carefully pass it into the bladder. There is a muscle in your urethra called a sphincter. The area of the sphincter may be slightly sensitive, and the healthcare professional may ask you to take a deep breath or to try and pass urine. This will help the sphincter to relax.
3. When the cystoscope is inside the bladder the healthcare professional can control the tip of the cystoscope to allow a look around. To help with this, fluid is run through the cystoscope to stretch out any folds in the bladder lining. It is normal to feel that the bladder is full.
4. A fine laser fibre is passed into the cystoscope and the abnormal tissue in your bladder is treated with the laser. A small piece of tissue (called a biopsy) may get taken during the procedure to be sent for analysis in the laboratory.
5. Once the procedure is completed, we will show you where the toilet is so you can empty your bladder (pass urine).
6. The whole process will take around half an hour. Once you have passed urine you can leave the department.

When will I get the results?

Once the procedure is completed you will be given the initial findings. If you need any more procedures or on-going treatment, you will be told by the healthcare professional before you leave the department. If you have had a biopsy taken, you will have an out-patient appointment to receive the results in around two to three weeks.

What happens afterwards the flexible cystoscopy?

You will be asked to pass the fluid that has been used to fill your bladder.

When you go home you must drink plenty of fluids for the next 24-48 hours to flush your system through. You may find, when you pass the first urine that it may sting or burns slightly for 3-4 days and that the urine may be slightly bloodstained. If you continue to drink plenty of fluid this discomfort and bleeding will resolve rapidly.

What can I expect after the procedure?

Most patients have no problems at all after a TULA. There may be some mild burning discomfort on passing urine for a day or two and some bleeding is not uncommon for a few days. Please drink plenty of fluids. You should be able to return to normal activities within 24 hours if you are feeling able. If you are feeling any discomfort then normal pain relief, such as paracetamol, will help.

Occasionally passing urine may become difficult following the procedure. If this does happen, or you have any other problems or need advice on the day of the procedure, please contact the Urology Diagnostics unit.

Urology Diagnostics Unit

Huddersfield Royal Infirmary

Monday – Friday, 8am – 3pm

Telephone: 01484 355586

Contact information

If you have any questions as to why you have been referred to this clinic then please contact your GP.

If you have any further questions in relation to the clinic, please contact the Urology Diagnostic Unit on Tel :01484 355586 or the Urology navigator on 07979165113

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS).
Telephone: 0800 013 0018 (PALS) patientadvice@cht.nhs.uk

If you have any comments about this leaflet or the service you have received you can contact :

Urology Diagnostics Unit
Huddersfield Royal Infirmary
Telephone: 01484 355586

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"