

Patient information

Trans-urethral Laser Ablation of Reoccurring Bladder Tumours (TULA)

Urology Department

You have been asked to attend for a TULA procedure. TULA stands for Trans Urethral Laser Ablation. This consists of passing a flexible camera into your bladder (flexible cystoscopy) to look at the bladder lining and treat an existing bladder tumour or red patch using a form of Laser treatment.

Using the Laser will allow you to have the procedure done under local anaesthesia in the outpatient department. In most cases you should be able to go home the same day after 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 at it under the microscope). The aim of the TULA will be to remove or destroy any abnormal tissue and stop any bleeding. It can take two-four weeks for a report of biopsies to come back to the doctor.

How can I prepare myself for TULA?

There is no special preparation required. You can eat and drink as normal on the day of the procedure. All medication should be continued including blood thinning medication.

It is best to arrive for your appointment with a full bladder. This is because on arrival to the outpatient department you will be asked to produce a urine sample for analysis prior to undergoing the procedure.

If the urine analysis shows evidence of infection the TULA procedure may have to be cancelled.

What happens during the TULA procedure?

A fine flexible telescopic tube will be passed through your urethra (water pipe) to examine your bladder. A small biopsy will be taken from any abnormal areas. The laser fibre is passed through the flexible telescope and the tumour or red patch is destroyed and any bleeding is stopped.

You will be awake throughout the procedure. In order to minimise discomfort, an anaesthetic gel will be applied into the urethra. The procedure is usually painless.

During the procedure you will be required to wear a pair of laser protection glasses as a Health and Safety precaution. This is because the laser has the potential to damage the eyes.

The procedure can take between 10 and 20 minutes.

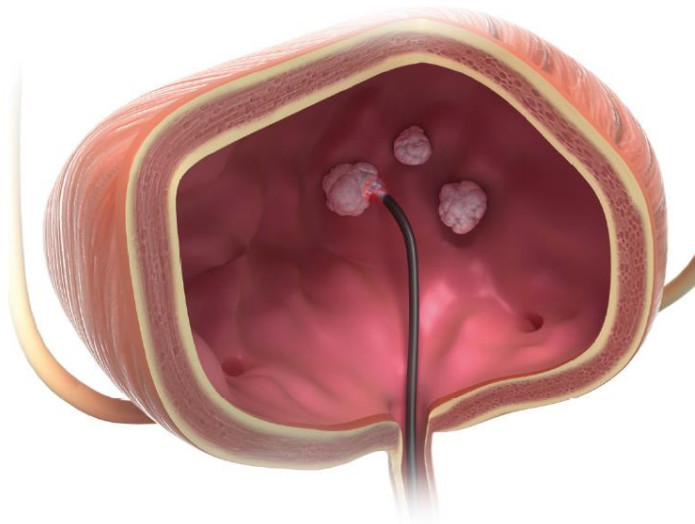
What can I expect after TULA treatment?

You will be able to go home after a period of observation and you have passed urine.

Approximately 20-30 minutes.

You may be given a single injection of antibiotic during the procedure, if appropriate.

Following the procedure, a letter will be sent to you and your family doctor (GP) which will detail the procedure, the outcome and the next appointment.



Are there any risks?

The are some common, occasional and rare risks:

- Mild burning sensation while passing urine for a short period of time after the procedure (almost all patients)
- Infection in your bladder requiring antibiotic treatment (1 in 10 patients will experience this)
- Secondary haemorrhage can occur in two to three weeks and is often due to an infection in your bladder (uncommon)
- Delayed or on-going bleeding requiring further treatment such as a catheter or even admission to hospital (uncommon)

Is there any way I can prevent problems afterwards?

There are several measures that will help:

- 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
- Take paracetamol if you have any discomfort.
- Try to stay active; this will help speed up your recovery.
- Watch out for urine infection. If you develop a fever or if your urine becomes cloudy or offensive, 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.
- Make sure you understand what has been done, and what follow up you require.
- Ask the clinician if everything went as planned.
- Let the staff know if you have any discomfort.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

Royal Liverpool Hospital

Urology Department

Tel: 0151 282 6877/6788

Text phone number: 18001 0151 282 6877/6788

Aintree Hospital

Patient Appointment Centre

Tel: 0151 529 4550

Text phone number: 18001 529 4550

For clinical questions specific to your case, telephone the secretary of your Urology Consultant.

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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زانیاری پیوهندیدار بهو نهخوشانهی له لایمن تراستهوه پهمند کراون، نهگمر داوا بکریت له فورماتیکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خونندهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و نلیکترونیکی همیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.