

Cystectomy CareMap: Your Hospital Stay

How to prepare and what to expect

Before Surgery Day

During the 2 weeks before surgery:

- ☐ Surgery teaching.
- ☐ Stomal therapy visit, if needed.
- ☐ Physical Therapy (PT) visit for Prehab, if needed.
- ☐ Sign your consent papers.
- ☐ Make sure your follow-up visit is scheduled for 2 weeks after your surgery.

For 5 days before surgery:

- ☐ Drink your immunonutrition drink 3 times a day.
- ☐ If you have diabetes, drink 1/2 serving 6 times a day.

Day before surgery:

- ☐ Receive a call from the hospital with your assigned arrival time.
- ☐ Take a shower with the antibacterial soap that was prescribed.

Night before surgery:

- ☐ **At 8 p.m.:** Do your tap water or mineral oil enema. Your doctor will tell you how many times to do this.
- ☐ **Before midnight:** Drink 8 ounces of apple juice.
- ☐ **After midnight:** Do not eat or drink anything.



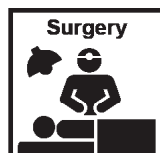
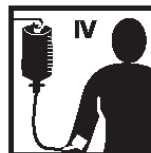
Before you leave home:

- ☐ Take another shower with the antibacterial soap that was prescribed.
- ☐ Bring gum from home.
- ☐ Do not eat or drink anything, EXCEPT:
 - Right after you park at the hospital, drink one 8-ounce bottle of apple juice.



At the hospital:

- ☐ Check in at Surgery Registration at your assigned arrival time.
- ☐ A nurse will call you to come to the Pre-Op area.
- ☐ An IV tube will be placed in your arm to give you fluids and antibiotics.
- ☐ An Anesthesiologist will talk with you.
- ☐ You will be given a heating blanket to keep you warm, improve healing, and lower the risk of infection. Keep the blanket on even if you feel warm enough.



Surgery Day

After surgery, you will:

- ☐ Wake up in the recovery area.
- ☐ Be moved to a bed in a hospital unit.

You will have:

- ☐ An IV in your arm to give you fluids and antibiotics.
- ☐ Compression devices on your legs to help blood flow.
- ☐ A Jackson-Pratt (JP) tube to drain fluids that build up in your body after surgery.

If you have:

- ☐ A **neobladder**, you will have a Foley catheter and a suprapubic tube to drain urine from your bladder.
- ☐ A **continent cutaneous urinary reservoir (CCUR)**, you will have a catheter in your stoma and a suprapubic tube to drain urine from your reservoir.
- ☐ An **ostomy**, you will have a bandage and wafer to protect your wound.

Medicines

- ☐ You will receive medicines to help with digestion and nausea.

Activity

- ☐ Your nurse will help you sit on the edge of the bed.





Diet

- ☐ Your nurse will encourage you to take sips of clear liquids and chew gum to help your digestion work.

Self-care

- ☐ Your nurse will teach you how to use your incentive spirometer and remind you to use it 10 times each hour, every day while you are in the hospital.



Day 1	Day 2	Days 3, 4, or 5	Discharge (Day 5)	After Discharge
Medicines <input type="checkbox"/> You will have medicine for pain control.		Medicines <input type="checkbox"/> If you have an epidural or PCA, they will be removed when you can handle solid food. You will then take medicine by mouth (oral). <input type="checkbox"/> Day 4 or 5: If enoxaparin is on your care plan, a nurse or pharmacist will teach you how to give yourself shots.	Medicines <input type="checkbox"/> Receive oral pain medicine at discharge. <input type="checkbox"/> A nurse or pharmacist will teach you about your discharge medicines. <input type="checkbox"/> If enoxaparin is on your care plan, you will receive 28 days of enoxaparin at discharge.	<input type="checkbox"/> Drink LOTS of fluids, at least 2 liters (about 8 cups) every day. Staying hydrated is very important for your recovery. <input type="checkbox"/> To help with healing, try drinking nutrition drinks such as Ensure or Boost. <input type="checkbox"/> Make sure your catheters are fixed at all times. <input type="checkbox"/> If you have an ostomy, return for a follow-up visit with the ostomy nurse 1 week after discharge, and again 2 weeks after that. <input type="checkbox"/> Your follow-up clinic visit with a nurse practitioner will be 1 week after discharge. If you have a neobladder, you will have an X-ray cystogram at this visit.
Diet <input type="checkbox"/> Start clear liquid diet. 	Diet <input type="checkbox"/> Advance to regular diet.	Diet <input type="checkbox"/> Regular diet. 		
Activity <input type="checkbox"/> A Physical Therapist (PT) will assess you. <input type="checkbox"/> Do NOT get out of bed without help from a PT, nurse, or patient care technician until the PT says it is OK. <input type="checkbox"/> Aim to walk 2 to 3 times today.	Activity <input type="checkbox"/> Sit in a chair for all of your meals. <input type="checkbox"/> Aim to be out of bed for 6 hours a day and walk 3 to 5 times a day. The more you move, the faster your body will heal. <input type="checkbox"/> Do NOT get out of bed without a nurse beside you. <input type="checkbox"/> A PT will visit you until no longer needed. <input type="checkbox"/> Try to use your incentive spirometer 10 times each hour to keep fluid out of your lungs.  			
<input type="checkbox"/> An Occupational Therapist (OT) will assess you. <input type="checkbox"/> Sponge bath.	<input type="checkbox"/> An OT will help you with shower training and activities of daily living (ADLs).	<input type="checkbox"/> Shower and dress in your own clothes by about 9 a.m.		
Ostomy <input type="checkbox"/> An ostomy nurse will check the fit of your bandage and wafer.	Ostomy <input type="checkbox"/> Receive an Ostomy Starter Kit and ostomy teaching materials. <input type="checkbox"/> An ostomy nurse will visit every 2 or 3 days to teach you about ostomy care. <input type="checkbox"/> A nurse will teach you about your ostomy before discharge.			
		Drains <input type="checkbox"/> Day 3: If you have a neobladder or CCUR, your team will start flushing your drainage tubes.	Drains <input type="checkbox"/> Ureteral stents will be removed. <input type="checkbox"/> JP drain may be removed.	
		Planning <input type="checkbox"/> Days 3 to 5: Meet with a social worker to talk about any concerns you have about your plans after discharge.		