

Before Your Cystectomy Surgery

How to prepare and what to expect

This handout explains how to prepare when having cystectomy surgery at Harborview Medical Center in Seattle, Washington.

Planning Ahead

In the weeks before your surgery, be sure to take care of these tasks:

- Make plans for your ride home after your hospital stay.
- If you have pets, arrange for someone to take care of them while you are in the hospital. You may also need someone to feed and exercise your pets for the first few days you are home.
- Arrange for a friend or family member to help you for 2 to 3 days after you get home from the hospital. They will need to help with your care, with preparing meals, and with household chores.
- Tell your primary care provider (PCP) that you are having cystectomy surgery. Please tell your clinic nurse if you do not have a PCP.
- If you have concerns about where you will go when you leave the hospital, tell your care team. They will set up a time for you to talk with a social worker and set up a plan.
- Some patients may need to take *antibiotics* (medicines that fight infections) before their surgery. If you need these medicines, your nurse will call you and explain what to expect.
- Visit with the *anesthesia* team to talk about the medicines that will be used during surgery.
- You may need a *Foley catheter* (tube) after surgery. If so, we will give you instructions about how to care for it.



Talk with your doctor if you have any questions about your surgery and how to prepare.

If You Will Have an Ostomy

Some patients will have an *ostomy* created during surgery. An ostomy is an opening on the surface of the abdomen that allows waste (urine and feces) to leave the body.

Your doctor will tell you if you will have an ostomy. If it is needed:

- You will visit with an ostomy nurse before surgery to learn about what to expect.
- The nurse will mark the *stoma* site on your body. A stoma is the end of the *ureter* (tube that carries urine) or small or large bowel that will come through your abdominal wall after your ostomy. The nurse will cover this mark with a clear dressing. Do **not** remove this dressing.

Starting 5 Days Before Surgery

- If you do **not** have diabetes: Drink your Impact Advanced Recovery drink 3 times a day for 5 days. Check 3 boxes for each day in the table.
- If you have diabetes:** Drink ½ carton of Impact Advanced Recovery 6 times a day for 5 days. Check 6 boxes for each day in the table.

	Day 5		Day 4		Day 3		Day 2		Day 1	
Date:										
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Patient Care Coordinator
(until 3 p.m. the day before surgery):

206.744._____

Ambulatory Surgery Unit
(after 3 p.m. on the day before surgery):

206.744.5432

Night Before Surgery

- Pack:** Prepare what you will bring for your hospital stay. (See the handout “Cystectomy Surgery CareMap: Your Hospital Stay.”)
- Shower:** Use the antibacterial soap or wipes you were given to take a shower or sponge bath.
- Before midnight:** If you do not have diabetes, drink 1 carton of Breeze drink. If you have diabetes, drink 8 ounces of water instead.

Eating and Drinking

- Starting 8 hours before you arrive for surgery:** Do **not** eat meat or food that has high fat content.
- Starting 6 hours before you arrive for surgery:** Do **not** eat anything. You may drink clear liquids (drinks you can see through) up until 2 hours before you arrive for surgery.