

Bladder Surgery CareMap: Your Hospital Stay

For _____

Planning for Your Surgery

- Make plans for:
 - Your ride home after your hospital stay. Make sure you can easily ride in the vehicle.
 - A responsible adult to help you after you get home. You will need help with your care and preparing meals for 2 to 3 days.
 - Pet care while you are away, if needed
- Tell your primary care provider (PCP) that you are having bladder surgery. If you do not have a PCP, please talk with your clinic nurse.
- 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.
- If you need to take antibiotic medicines before your surgery, a nurse will call you and tell you what to do.
- You will visit with the anesthesia team to talk about the medicines that will be used during surgery. This appointment will be set up for you by the Patient Care Coordinator.
- If you will have a *catheter* (tube to drain urine from your bladder), we will teach you how to care for it.

Starting 5 days before surgery:

- If you do **not** have diabetes:* Drink 1 carton of Ensure Surgery drink 3 times a day for 5 days. Check 3 boxes for each day.
- If you have diabetes:* Drink ½ carton of Ensure Surgery drink 6 times a day for 5 days. Check 6 boxes for each day.

Day 1		Day 2		Day 3		Day 4		Day 5	
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If you will have an ostomy:

- You will visit with an ostomy nurse to learn what to expect.
- The nurse will mark the *stoma* site on your body and cover it with a clear dressing. Do **not** remove the dressing.

Day Before Surgery

- Pack for your hospital stay. Ask your family or friends to bring your belongings once you have settled into your hospital room after surgery.

What you will bring (if needed):

- C-PAP machine
- List of medicines you now take
- Walker, wheelchair, cane
- Hearing aid, glasses, dentures
- Advance directive(s), if you have them

What your family can bring:

- Money for discharge prescription co-pay (cash, charge, or debit card)
- Electronic devices and chargers

Do NOT bring:

- Medicines, unless you were told to bring them
- Jewelry and other valuables

Night Before Surgery

- 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 Ensure Clear drink.



- Starting 8 hours before you arrive for surgery:** Do **not** eat meat or food that is high in fat.

- 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 your arrival for surgery.

Surgery Day

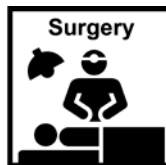
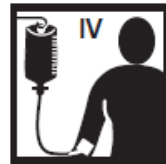
Before You Leave Home

- Take another shower or sponge bath with the antibacterial soap or wipes given to you.
- Take your daily medicines as instructed by your Pre-Anesthesia Nurse.
- If you do **not** have diabetes: Drink 1 carton of Ensure Clear at _____.
- Starting 2 hours before you arrive for surgery:** Do **not** eat or drink anything.



At the Hospital

- Check in at Surgery Registration on the ground floor of the Maleng Building (level G).
- Give staff at Registration a copy of your advance directive(s) if you have them.
- A nurse will call you to come to the pre-op area.
- If you have diabetes, we will check your blood sugar.
- An *intravenous* (IV) tube will be placed in your arm to give you fluids and antibiotics.
- Your nose will be swabbed with antiseptic. This will help reduce your risk of infection after surgery.
- An anesthesiologist may place an *epidural* line in your back to give you pain medicine.
- 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.
- The Anesthesiology Team will take you to the operating room for your surgery.



After Surgery

- You will be moved to a bed in a hospital unit.
- You will have:**
- An IV in your arm to give you fluids, antibiotics and pain medicine
 - Wraps on your lower legs that inflate to help prevent blood clots
 - An epidural in your back to give you pain medicine, if you had one placed before surgery
 - A catheter to drain urine
 - A tube to drain your wound



If you have an ostomy, you will have:

- An ostomy bag to collect the output

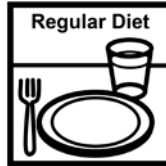
Your nurse will help you:

- Learn breathing exercises to prevent pneumonia
- Use your *incentive spirometer* (breathing device) and remind you to use it 10 times each hour every day while you are in the hospital
- Start a clear liquid diet, if you can handle drinking
- Sit up in chair
- Get out of bed within 2 hours, if you can handle walking



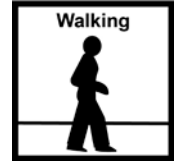
Day After Surgery

- Whenever you are in bed during your hospital stay, you will wear leg wraps to help prevent blood clots.
- For your recovery and healing:
 - Get out of bed
 - Sit in a chair
 - Create a walking plan
- If you have an epidural, do **not** get out of bed without help from a member of your care team.
- Your diet will advance when you can handle solid foods. To order food, call 4.5678 from your bedside phone.
- You will talk with a member of your care team about your discharge plan.



Day 2 Until Discharge

- Your pain will be managed by medicine and non-medicine methods.
- Your care team will remove your epidural. You will receive pain medicine by mouth.
- You will be ready for discharge when:
 - You can eat and are passing gas
 - You are in good control of your pain
 - You can walk in the hallway
 - Your wound is dry and has no sign of infection
 - You no longer need your IV
 - You can manage your ostomy
- Walk the hall as often as you can to help you heal faster.
- You will talk with a member of your care team about your discharge plan:
 - If your discharge plan is to go home, confirm your ride home will be ready by noon. If your driver cannot come by noon, they may meet you in the discharge lounge.
 - If you have concerns about where you will go after discharge, tell your care team so that you can talk with a social worker and set up a plan.



Discharge Day

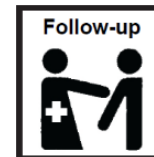
- If you are going home:
 - Your doctor will write a prescription for any new medicines you may need.
 - Fill your prescription at Harborview or at your choice of pharmacy.
- If you are going to a skilled nursing facility, they will provide all of your medicines.
- Before you are discharged, we will talk with you about your follow-up clinic visits.
- If a catheter is needed, we will give you instructions for care and supplies.
- If you have an ostomy, you will receive 2 weeks of supplies. Your ostomy nurse will set up long-term supply delivery to your home.
- Your PCP will receive medical records from your hospital stay.
- Your nurse will talk with you about your discharge instructions.
- Congratulations on your progress with recovery!



After Discharge

If you go home after discharge:

- A unit nurse will call you 2 days after discharge to check on how you are doing.
- We suggest you follow up with your PCP within 1 to 2 weeks from discharge.
- Talk with your PCP about any health issues or concerns.
- You will have a follow-up visit in 1 to 3 weeks at the Urology Clinic.



Questions or Concerns?

Before surgery:

- Until 3 p.m. the day before surgery, call the Patient Care Coordinator at 206.744._____.
- After 3 p.m. on the day before surgery, call the Ambulatory Surgery Unit at 206.744.5432.

After discharge:

- Weekdays from 8 a.m. to 4 p.m., call the Urology Clinic at 206.744.8230.
- Evenings, weekends, and holidays, call the Discharge Nurse at 206.744.3276.