











Cystectomy CareMap: Your Hospital Stay

How to prepare and what to expect

Before Surgery Day		Surgery Day
<p>During the 2 weeks before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Surgery teaching. <input type="checkbox"/> Stomal therapy visit, if needed. <input type="checkbox"/> Physical Therapy (PT) visit for Prehab, if needed. <input type="checkbox"/> Sign your consent papers. <input type="checkbox"/> Make sure your follow-up visit is scheduled for 2 weeks after your surgery. <p>For 5 days before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Drink your immunonutrition drink 3 times a day. <input type="checkbox"/> If you have diabetes, drink 1/2 serving 6 times a day. <p>Day before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Receive a call from the hospital with your assigned arrival time. <input type="checkbox"/> Take a shower with the antibacterial soap that was prescribed. <p>Night before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> At 8 p.m.: Do your tap water or mineral oil enema. Your doctor will tell you how many times to do this. <input type="checkbox"/> Before midnight: Drink 8 ounces of apple juice. <input type="checkbox"/> After midnight: Do not eat or drink anything. 	<p>Before you leave home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take another shower with the antibacterial soap that was prescribed. <input type="checkbox"/> Bring gum from home. <input type="checkbox"/> Do not eat or drink anything, EXCEPT: <ul style="list-style-type: none"> - Right after you park at the hospital, drink one 8-ounce bottle of apple juice.   <p>At the hospital:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in at Surgery Registration at your assigned arrival time. <input type="checkbox"/> A nurse will call you to come to the Pre-op area. <input type="checkbox"/> An IV tube will be placed in your arm to give you fluids and antibiotics. <input type="checkbox"/> An Anesthesiologist will talk with you. <input type="checkbox"/> 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.  	<p>After surgery, you will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wake up in the recovery area. <input type="checkbox"/> Be moved to a bed in a hospital unit. <p>You will have:</p> <ul style="list-style-type: none"> <input type="checkbox"/> An IV in your arm to give you fluids and antibiotics. <input type="checkbox"/> Compression devices on your legs to help blood flow. <input type="checkbox"/> A Jackson-Pratt (JP) tube to drain fluids that build up in your body after surgery. <p>If you have:</p> <ul style="list-style-type: none"> <input type="checkbox"/> A neobladder, you will have a Foley catheter and a suprapubic tube to drain urine from your bladder. <input type="checkbox"/> A continent cutaneous urinary reservoir (CCUR), you will have a catheter in your stoma and a suprapubic tube to drain urine from your reservoir. <input type="checkbox"/> An ostomy, you will have a bandage and wafer to protect your wound. <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will receive medicines to help with digestion and nausea. <p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your nurse will help you sit on the edge of the bed.  <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your nurse will encourage you to take sips of clear liquids and chew gum to help your digestion work. <p>Self-care</p> <ul style="list-style-type: none"> <input type="checkbox"/> 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 full liquid diet. <input type="checkbox"/> Nutrition shakes 3x daily.	 Diet <input type="checkbox"/> Start regular diet. <input type="checkbox"/> Nutrition shakes 3x daily.	Diet <input type="checkbox"/> Regular diet. <input type="checkbox"/> Nutrition shakes 3x daily.		
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) as needed.	<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.		