





# Cystectomy Surgery CareMap: Your Hospital Stay

For \_\_\_\_\_

| Day Before Surgery  | Surgery Day  |  |
|---|--|--|
| <p><b>Day Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pack for your hospital stay. Ask your family or friends to bring your belongings once you have settled into your hospital room after surgery.</li> </ul> <p><b>What you will bring</b> (if needed):</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> C-PAP machine</li> <li><input type="checkbox"/> List of medicines you now take</li> <li><input type="checkbox"/> Walker, wheelchair, cane</li> <li><input type="checkbox"/> Hearing aid, glasses, dentures</li> </ul> <p><b>What your family can bring:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Money for discharge prescription co-pay (cash, charge, or debit card)</li> <li><input type="checkbox"/> Electronic devices</li> </ul> <p><b>Do not bring:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Medicines, unless you were told to bring them</li> <li><input type="checkbox"/> Jewelry and other valuables</li> </ul> <p><b>Night Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use the antibacterial soap or wipes you were given to take a shower or sponge bath.</li> <li><input type="checkbox"/> <b>Before midnight:</b> If you do not have diabetes, drink 1 carton of Breeze drink. If you have diabetes, drink water instead.</li> <li><input type="checkbox"/> <b>Starting 8 hours before you arrive for surgery:</b> Do not eat meat or food high in fat content.</li> <li><input type="checkbox"/> <b>Starting 6 hours before you arrive for surgery:</b> Do <b>not</b> eat anything. You may drink clear liquids (drinks you can see through) up until 2 hours before your arrival for surgery.</li> </ul>  | <p><b>Before You Leave Home</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take another shower or sponge bath with the antibacterial soap or wipes given to you.</li> <li><input type="checkbox"/> Take your daily medicines as you were told by your Pre-Anesthesia Nurse.</li> <li><input type="checkbox"/> If you do not have diabetes, drink 1 carton of Breeze at _____.</li> <li><input type="checkbox"/> If you have diabetes, drink water instead.</li> <li><input type="checkbox"/> <b>Starting 2 hours before you arrive for surgery:</b> Do <b>not</b> eat or drink anything.</li> </ul> <p><b>At the Hospital</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check in at Ambulatory Surgery on the ground floor of the Maleng Building (level G).</li> <li><input type="checkbox"/> A nurse will call you to come to the pre-op area.</li> <li><input type="checkbox"/> If you have diabetes, your blood sugar will be checked.</li> <li><input type="checkbox"/> An intravenous (IV) tube will be placed in your arm to give you fluids and antibiotics.</li> <li><input type="checkbox"/> Your nose will be swabbed with antiseptic to help reduce your risk of infection after surgery.</li> <li><input type="checkbox"/> An anesthesiologist may place an epidural line in your back to give you pain medicine.</li> <li><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.</li> <li><input type="checkbox"/> The Anesthesiology Team will take you to the operating room for your surgery.</li> </ul>   | <p><b>After Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You will be moved to a bed in a hospital unit.</li> </ul> <p><b>You will have:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> An IV in your arm to give you fluids, antibiotics and pain medicine</li> <li><input type="checkbox"/> Leg wraps on your legs to help prevent blood clots</li> <li><input type="checkbox"/> An epidural in your back to give you pain medicine, if you had one placed before surgery</li> <li><input type="checkbox"/> A catheter to drain urine</li> <li><input type="checkbox"/> A tube to drain your wound</li> </ul> <p><b>If you have an ostomy, you will have:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A bandage over your wound and an ostomy bag to collect the output</li> </ul> <p><b>Your nurse will help you:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learn breathing exercises to prevent pneumonia</li> <li><input type="checkbox"/> Use your incentive spirometer and remind you to use it 10 times each hour every day while you are in the hospital</li> <li><input type="checkbox"/> Start a clear liquid diet, if you can handle drinking</li> <li><input type="checkbox"/> Sit up in chair</li> <li><input type="checkbox"/> Get out of bed within 2 hours, if you can handle walking</li> </ul>  |

## Questions or Concerns Before Surgery




Patient Care Coordinator (until 3 p.m. the day before surgery) .....206.744.\_\_\_\_\_

Ambulatory Surgery Unit (after 3 p.m.) .....206.744.5432

## Questions or Concerns After Discharge

Urology Clinic (weekdays, 8 a.m. to 4 p.m.)..... 206.744.8230

Discharge Nurse (evenings, weekends, and holidays) .....206.744.3276

| Day After Surgery  | Day 2 Until Discharge   |  | Discharge Day  | After Discharge   |
|--|---|--|--|---|
| <b>Medicines and Treatments</b>  |   |  |  |   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Whenever you are in bed during your hospital stay, you will wear leg wraps to help prevent blood clots.</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Your pain will be managed by medicine and non-medicine methods.</li> <li><input type="checkbox"/> Your care team will remove your epidural. You will receive pain medicine by mouth.</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> You will be ready for discharge when:                             <ul style="list-style-type: none"> <li>- You can eat and are passing gas</li> <li>- You are in good control of your pain</li> <li>- You can walk in the hallway</li> <li>- Your wound is dry and has no sign of infection</li> <li>- You no longer need your IV</li> <li>- You can manage your ostomy</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> If you are going home, your doctor will write a prescription for new medicines. This includes medicines for pain and bladder spasms. Fill your prescription at Harborview or at the pharmacy of your choice. </li> <li><input type="checkbox"/> If you are going to a skilled nursing facility, they will provide all of your medicines.</li> <li><input type="checkbox"/> Before you are discharged, we will talk with you about your follow-up clinic visits.</li> <li><input type="checkbox"/> If a catheter is needed, you will receive instructions for care and supplies.</li> <li><input type="checkbox"/> 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.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> If you go home after discharge:                             <ul style="list-style-type: none"> <li>- A unit nurse will call you 2 days after discharge to check on how you are doing.</li> <li>- We suggest you follow up with your PCP within 1 to 2 weeks from discharge.</li> <li>- Talk with your PCP about any other health issues or concerns.</li> </ul> </li> </ul> |
| <b>Diet and Activity</b>   |   |  |  |   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> For your recovery and healing, get out of bed, sit in a chair, and create a walking plan.</li> <li><input type="checkbox"/> If you have an epidural, do <b>not</b> get out of bed without help from a member of your care team.</li> <li><input type="checkbox"/> Your diet will advance when you can handle solid foods. To order food, call 4.5678 from your bedside phone.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Walk the hall as often as you can to help you heal faster.</li> </ul>    |  |  |   |
| <b>Continuity of Care</b>  |   |  |  |   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> You will talk with a member of your care team about your discharge plan.</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> You will talk with a member of your care team about your discharge plan:                             <ul style="list-style-type: none"> <li>- 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.</li> <li>- 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.</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Your PCP will receive medical records from your hospital stay.</li> <li><input type="checkbox"/> Your nurse will talk with you about your discharge instructions.</li> <li><input type="checkbox"/> Congratulations on your progress with recovery!</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> You will return to the Urology Clinic in 1 to 3 weeks for follow-up care.</li> </ul>    |   |