

Cystectomy Surgery CareMap: Your Hospital Stay

For _____

Day Before Surgery

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

What your family can bring:

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

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 Breeze drink. If you have diabetes, drink water instead.



- Starting 8 hours before you arrive for surgery:** Do not eat meat or food high in 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 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 you were told by your Pre-Anesthesia Nurse.
- If you do not have diabetes, drink 1 carton of Breeze at _____.
- If you have diabetes, drink water instead.
- Starting 2 hours before you arrive for surgery:** Do **not** eat or drink anything.



At the Hospital

- Check in at Ambulatory Surgery on the ground floor of the Maleng Building (level G).
- A nurse will call you to come to the pre-op area.
- If you have diabetes, your blood sugar will be checked.
- An intravenous (IV) tube will be placed in your arm to give you fluids and antibiotics.
- Your nose will be swabbed with antiseptic to 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
- Leg wraps on your legs 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:

- A bandage over your wound and an ostomy bag to collect the output

Your nurse will help you:

- Learn breathing exercises to prevent pneumonia
- Use your incentive spirometer 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

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
Medicines and Treatments			
<p><input type="checkbox"/> Whenever you are in bed during your hospital stay, you will wear leg wraps to help prevent blood clots.</p>	<p><input type="checkbox"/> Your pain will be managed by medicine and non-medicine methods.</p> <p><input type="checkbox"/> Your care team will remove your epidural. You will receive pain medicine by mouth.</p>	<p><input type="checkbox"/> You will be ready for discharge when:</p> <ul style="list-style-type: none"> - 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 	<p><input type="checkbox"/> If you go home after discharge:</p> <ul style="list-style-type: none"> - 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 other health issues or concerns.
Diet and Activity			
<p><input type="checkbox"/> For your recovery and healing, get out of bed, sit in a chair, and create a walking plan.</p> <p><input type="checkbox"/> If you have an epidural, do not get out of bed without help from a member of your care team.</p> <p><input type="checkbox"/> Your diet will advance when you can handle solid foods. To order food, call 4.5678 from your bedside phone.</p>	<p><input type="checkbox"/> Walk the hall as often as you can to help you heal faster.</p> <div data-bbox="765 521 867 622" style="text-align: center;">  <p>Walking</p> </div>	<p><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.</p> <p><input type="checkbox"/> If you are going to a skilled nursing facility, they will provide all of your medicines.</p> <p><input type="checkbox"/> Before you are discharged, we will talk with you about your follow-up clinic visits.</p> <p><input type="checkbox"/> If a catheter is needed, you will receive instructions for care and supplies.</p> <p><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.</p>	
Continuity of Care			
<p><input type="checkbox"/> You will talk with a member of your care team about your discharge plan.</p>	<p><input type="checkbox"/> You will talk with a member of your care team about your discharge plan:</p> <ul style="list-style-type: none"> - 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. 	<p><input type="checkbox"/> Your PCP will receive medical records from your hospital stay.</p> <p><input type="checkbox"/> Your nurse will talk with you about your discharge instructions.</p> <p><input type="checkbox"/> Congratulations on your progress with recovery!</p>	<p><input type="checkbox"/> You will return to the Urology Clinic in 1 to 3 weeks for follow-up care.</p> <div data-bbox="1309 911 1403 1012" style="text-align: center;">  <p>Follow-up</p> </div>