

Having your Cystectomy at City of Hope

Indiana Pouch

This information will tell you what to expect before, during and after surgery. These are general guidelines. You will be given more specific instructions before you leave the hospital. If you have any questions about this information or have any concerns about your care at City of Hope, please speak with your doctor or nurse.

Preparing for Your Surgery

To be well-prepared for your surgery, you will need to do the following:

- **Stop** smoking 2 weeks before your surgery
- **Stop** taking aspirin, aspirin-like medicines, and blood thinners **as instructed by your doctor** (usually 7 days before your surgery). These types of medications may include:

Motrin	Advil	Warfarin	Pradaxa
Ibuprofen	Coumadin	Plavix	Xarelto

- **Stop** taking vitamins, herbal supplements, and teas 7 days before your surgery.
- **Blood transfusions:** It is not uncommon to need a blood transfusion. Please speak with the surgeon and/or nurse if you have questions or objections related to blood transfusions.
- **New Patient and Family Orientation:** You and your caregiver should plan to attend the New Patient and Family Orientation class before your surgery to learn about City of Hope's programs and services. Contact Patient, Family, and Community Education at ext. 8913 for more information.
- **Advanced Directives:** Bring your advance directive to your pre-surgery appointment. If you do not have one please arrange to meet with your City of Hope social worker to learn about your options.
- **Medic Alert Identification:** You will receive information about how to order a medic alert identification bracelet.

Before Your Surgery

Approximately 2 weeks before surgery, you will be scheduled for a pre-surgery appointment. You can expect the following:

- Labs
- Chest x-ray
- EKG

- **History and Physical Examination:** A nurse practitioner or physician assistant will review your medical history and complete a physical exam.
- **Marking:** You will be marked for a possible stoma site.
- **Review of Medications:** You will need to bring an updated list of all your medications or the bottles themselves of all your prescriptions and over-the-counter medications to your appointment.
- **Urology Coordinator:** The day of your pre-surgery appointment the nurse urology coordinator will begin education about the surgery, hospital stay, recovery period, and how to care for your specific type of urinary diversion. It is important that your caregiver is present to also learn about these instructions.
- **Case Manager:** You will be contacted by a nurse case manager to discuss any needs for additional services and supplies for your home care after surgery.

Other health risk factors: You may be referred to a specialist for other health risk factors before your surgery. Recommendations will be made to you by your surgeon or the surgeon's nurse practitioner or physician's assistant.

Day Before Surgery

- **Confirmation of your surgery location and time:** A nurse will contact you between 3 and 7 p.m. the day before your surgery to confirm when you should arrive to the hospital. If your surgery is on a Monday, the nurse will call you the Friday before. If the nurse has not called you by 7 p.m., please call 626-471-7133.
- **Diet instructions before surgery:** You will be given instructions by your nurse to eat regular meals until noon, then a clear liquid diet until midnight. The clear liquid diet will include drinking a nutritional drink at 9pm the night before surgery, and another nutritional drink at 5 a.m. the morning of surgery.

A pre-surgery sample menu is available at the back of this material. Do not eat or drink anything, except the approved nutritional drink, after midnight.

Day of Surgery

- **Dress comfortable:** Bring a loose fitting and comfortable change of clothes to wear when you are discharged from the hospital. Oversized sweat pants are a good choice. If you wear contacts, bring your glasses instead. Leave all jewelry and valuables at home.
- **Admitting:** On the day of your surgery go to the front desk of Helford Hospital. You will be assisted with the admission process.
- **Surgery time:** The surgery typically takes about 4 to 7 hours. During surgery, visitors may wait in the waiting areas. Visitors will be able to check if the patient is in surgery or in the recovery room by viewing on-screen updates available in the 2nd floor waiting area of Helford Hospital.

If you are unable to keep your surgery date.

Please call 626-471-7133.

After Surgery

You can expect your hospital stay to be about 4-7 days. During your stay, you and your caregiver will be given instructions to follow for home care. It is important that you inform your doctor or nurse if you have any questions or concerns.

- **Activity:** You may get up out of bed and walk the evening of your surgery. It is important to walk several times a day as tolerated. Do not lift more than 5 pounds or do any strenuous exercise for 6 weeks.
- **Diet:** You will start with a clear liquid diet on the second day after surgery and then advance to a regular diet.
- **Bowel Movement:** After surgery, you may experience difficulty with your bowel movement. You may also experience bloating and/or cramping. To help your bowels return to normal, continue regular walking and take the recommended stool softeners and laxatives. **Do not use enemas.**
- **Catheter:** A catheter will be inserted into your urinary diversion to allow you to drain urine and to help in proper healing. The catheter is typically removed approximately 3 weeks after surgery.
- **Drain:** You may also have a soft rubber drain that goes into your abdomen to remove excess fluid from the surgical area. This drain may be taken out before you go home.
- **Stents:** Thin tubes called stents are placed into your ureters. The ureters carry urine from your kidneys to the urinary diversion. The stents will help keep the ureters open to ease urine flow and may be removed prior to discharge.
- **Lovenox:** You will be instructed on how to use lovenox injections. This medication will help reduce the risk of blood clots.
- **Pain:** Let your nurse know if you are experiencing pain. Your nurse can provide you with pain medication on an as needed basis. After surgery, you may also be referred to a pain specialist for greater comfort if needed.
- **Learning how to care for your urinary diversion:** During your stay, your nurse will give you both verbal and written education for home care: urinary catheter care, drainage bag care, wound care, and home medications. You will be instructed to view educational videos to help with your learning.

While you are in the hospital, it is also very important to have your caregiver participate in learning about your home care.

Day of Discharge

It is important for you and your caregiver to inform your doctor or nurse of any questions or concerns related to the instructions you will receive. **Feeling prepared to care for yourself at home is critical to your recovery.**

- **Home health nursing:** A home health agency will be arranged by your case manager to help with your home care at home. You will also receive IV hydration every other day for at least one week after surgery to help keep you hydrated.
- **Follow-up appointments:** You will be scheduled for three follow-up appointments after surgery.
 - ✓ First follow-up appointment will be approximately 3-5 days after going home from the hospital.
 - ✓ Second appointment will be approximately 7-10 days.
 - ✓ Third appointment will be in approximately 3 weeks.
- Please take time to prepare a list of questions or concerns and bring this with you to your appointments. It is also important to talk to your doctor or nurse about any concerns related to your emotional well-being.
- Your health care team is committed to providing you support through this process and helping you to become skillful and confident in your care.

Bowel Preparation for Surgery using NuLYTELY® Indiana Pouch

A bowel preparation (bowel prep) is done to prepare the bowel for surgery or a procedure. Its purpose is to clear out the bowel of all solid matter. Please follow these instructions carefully for adequate bowel cleansing. If the bowel prep is not done properly your surgery may be delayed or cancelled.

You must start your bowel prep on the day before your surgery. The bowel cleansing will cause excessive loss of fluid. It is important to replace these fluids by drinking plenty of liquids throughout the day.

If you do not understand these instructions or have any questions, please call City of Hope. It is also essential that you follow any other additional instructions to prepare for your surgery.

A. The day before surgery (date) _____

1. You will be on a regular diet until 12 p.m. noon.
2. Starting at 12 p.m. noon you will begin a clear liquid diet (liquids you can see through). **Do not eat any solid foods or drink anything that is not a clear liquid.** Examples of clear liquids include:
 - Water
 - Tea (No milk or creamer)
 - Coffee (No milk or creamer)
 - Clear broth or bouillon
 - Plain Jell-O
 - Soft drinks
 - Gatorade
 - Popsicles
 - Clear juices without pulp

A sample clear liquid diet menu and food list can be found on the following pages.

1. Continue to drink plenty of liquids during the day, at least sixteen (16) 8 oz glasses or 4 quarts of liquids in addition to any bowel preparation solution you were told to drink.
2. If you are taking oral medications, continue to do so as instructed by your doctor. However, do not take any antacids.
3. Begin the bowel cleansing procedure as described on the following page. If you experience any unusual reactions to the bowel cleansing solution, please call City of Hope immediately.
4. **Take the nutritional drink at 9 p.m.**
5. You may take your usual medications the night before surgery.
6. **Do not eat or drink anything after 12 midnight, except the nutritional drink at 5 a.m.**
7. **Do not smoke after 12 midnight.**

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B. Bowel cleansing procedure: Follow the instructions indicated below

NuLYTELY®

Prepare the NuLYTELY® according to directions several hours before beginning the bowel cleansing procedure. You may refrigerate it to improve the taste. The bowel prep procedure will cause you to have frequent watery bowel movements during the day. Plan ahead so that there will be a bathroom nearby.

1. At 12 p.m.:

- Take 2 bisacodyl (Dulcolax®) tablets with a large glass of water.

2. As soon as you have your first bowel movement or no later than 3 p.m.:

- Start drinking the chilled NuLYTELY®. Drink one 8 oz glass every 15 minutes until half of the 4 liter bottle is gone (drink 2 liters). It may help to drink it with a straw. You may suck on candy or lollipops to help with the taste.
- If your bowel movements are not absolutely clear after drinking 2 liters of the NuLYTELY®, continue drinking one glass of the solution every 15 minutes until bowel movements are clear.
- After each bowel movement it may help to wipe with refrigerated Tucks® pads and to apply Zinc Oxide cream or Calmoseptine® cream. This will help to reduce irritation.

3. If you have any adverse reaction to the bowel prep products, call City of Hope immediately!

4. Do not eat or drink anything after 12 midnight, except the nutritional drink at 5 a.m.

Take these medications (your doctor will give you a prescription)

1. Neomycin 500 mg tablet: Take 2 tablets by mouth at 1 p.m., 2 p.m. and 10 p.m.
2. Flagyl 500 mg tablet: Take 2 tablets by mouth at 1 p.m., 2 p.m. and 10 p.m.

Other (*write in instructions*)

C. On the day of surgery:

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- Drink nutritional drink at 5 a.m.
- Take your morning medicines before surgery with a small sip of water only if you were directed to do so by your nurse or doctor.
- Follow any additional instructions that you were given to prepare for your surgery.

D. Please call City of Hope if you have any questions or problems

City of Hope Nursing Triage Call Center

626-471-7133

Available 24 hours

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SAMPLE CLEAR LIQUID DIET MENU

The following is a sample of a clear liquid diet menu in preparation for surgery or a procedure. If you have questions about what is allowed or not allowed while on this diet, please refer to the list on the next page or call City of Hope.

Sample Menu

Breakfast

Regular diet

Lunch

Starting at noon - Clear liquids only

Bouillon

Cranberry juice

Orange flavored gelatin

Coffee or tea (no milk or creamer) with sugar

Between Meals:

Cola

Lemon drops, or other hard candy

Dinner

Bouillon

Grape juice

Lemon flavored gelatin

Coffee or tea (no milk or creamer) with sugar

Before going to bed (9 p.m.)

Nutritional drink #1

Do not eat or drink anything after midnight

Morning of Surgery (5 a.m.)

Nutritional drink #2

You will be given instructions on taking nutritional drink.

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CLEAR LIQUID DIET FOOD LIST

Food Group	Foods Allowed
Soups	Clear strained broth
Milk and milk products	None
Meats	None
Vegetables	None
Fruits	Juices: Clear pulp free juices such as apple, cranberry, cranapple, grape, cherry
Starches and Grains	None
Fats	None
Beverages	Coffee or tea (no milk or creamer), carbonated beverages, water
Other	Elemental formula supplements (ask dietitian), clear hard candy, Popsicles, sugar, honey, syrup, plain gelatin