

Radical Cystectomy

Radical Cystectomy is a surgical procedure that involves removal of your entire urinary bladder. In men, it includes the removal of the bladder, lymph nodes, prostate, and possibly the urethra. In women, it includes the removal of the bladder, uterus, cervix, lymph nodes and urethra.

PREPARING FOR SURGERY - THINGS YOU SHOULD KNOW:

1. You will be admitted to the Hospital the day of your surgery. You will spend 3-5 days in the Hospital. Some patients may be admitted 24 hours prior to surgery.
2. If you are on COUMADIN, ASPIRIN, IBUPROFEN, or drugs for ARTHRITIS or INFLAMMATION, Please discontinue.
3. If you take blood pressure medication, you may take it with a sip of water the morning of your surgery.
4. If you take ANTIBIOTICS prior to dental work or have an orthopedic prosthesis, or if you were told by another physician to take antibiotics prior to surgery, please call the office.
5. No alcohol 24 hours prior to surgery.
6. We suggest you wear comfortable clothing.
7. You will be receiving anesthesia for this surgery. You will see an anesthesiologist who will discuss this with you prior to your surgery.
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If you are having general anesthesia, you will require a ride home.

RECOVERING FROM SURGERY - WHAT TO EXPECT:

1. You will awake from surgery with an opening (stoma) from which your urine can flow, unless your doctor has notified you otherwise. You will be provided with complete instructions for the care of your stoma prior to discharge.
2. You will have one or two drainage tubes coming out of your lower abdomen, which prevents fluid build up and infection. These tubes will be in place for one to three days. It is often removed prior to discharge. If you go home with these tubes, the physicians and nurses will explain all this during your hospital stay.
3. You will be given pain medication in the hospital to relieve your discomfort and to help stimulate your appetite within a few days.

INSTRUCTIONS - POST RADICAL CYSTECTOMY

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

1. Do not lift anything heavier than 10lbs for one month.
2. It is okay to shower after discharge from the Hospital. No baths until you are seen in follow-up.
3. It is okay to climb stairs when discharged from the Hospital.
4. Walking is good exercise and it improve the circulation. Do not overdo it! Go easy at first and slowly increase distance as you feel better.

DRIVING: **No driving until seen in the physician's office.**

PAIN MEDICATION: You will be given a prescription for a pain medication, when discharged from the Hospital. As your activity increases, you may experience increased soreness around the incision. This is normal. Take your medication as directed.

ANTIBIOTICS:

You will be given a prescription for antibiotics to take at home when discharged from the Hospital. Please make sure you take all of your antibiotics.

INCISION SITE:

Observe incision daily. Some redness, swelling is normal. If you notice increased redness, increased tenderness, cloudy (pus like) drainage from incision, fever and/or chills, please call the office.

FOLEY CATHETER:

You may go home with a catheter. It is normal to feel some pressure and discomfort from the catheter. You may experience some leaking around the catheter - this is normal.

STOMA CARE:

You will be given thorough instructions regarding care of your stoma and appliance by a Stoma Therapy Nurse. If you are having problems, please call the office and we will help you with this and possibly set up another appointment with Stoma Therapy Nurse.

BOWELS:

One should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements. Milk of Magnesia 30cc is recommended if your stools are hard. You may also experience some diarrhea. If this lasts longer than five days please call the office.