

# Urology Associates of Rochester

David P. Dever, M.D. Laurence A. Donahue, M.D. Melanie Butler, M.D.  
Brian Adcock, RPA-C, Paul Scheib, RPA-C, Crystal Englert, MPAS, RPA-C  
Lindsay J. Short, MS, RN, FNP

Dear Pat FName :

**Your Radical Cystectomy is scheduled at:**

**on**

**The hospital/surgical center will notify you of your arrival time for your procedure.** Your pre-surgical testing is scheduled for \_\_\_\_\_ at your/the \_\_\_\_\_.

A radical cystectomy is a surgical procedure that involves the removal of the 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.

**In preparation for your procedure, you will need to follow the enclosed handout for the 24 hour Bowel Preparation.**

## **PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW**

1. You will be admitted to the hospital the day of your surgery. You will spend an average of 7 - 10 days in the hospital.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
5. No alcohol 24 hours prior to surgery.
6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24**

**hours after receiving anesthesia.**

## **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 your 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 1 - 3 days. They are often removed prior to discharge. If you go home with these tubes in, the physicians and nurses will explain all this during your hospital stay.

## **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 6 weeks.
  2. It is okay to shower. **No bathing** until seen by the doctor.
  3. It is okay to climb stairs when discharged from the hospital.
  4. Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.
  5. Avoid any heavy lifting or strenuous exercise for at least six weeks to give the incisions time to heal.

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

**MEDICATIONS:** Please refer to the surgery medication list provided.

**INCISION SITE:** Observe the incision daily. Some redness and drainage at the incision site is normal. If you notice any increased redness, increased tenderness, purulent (puss like) drainage from the incision, and/or develop fever and chills, please call the office.

**STOMA CARE:** You will be given thorough instructions regarding care of your stoma and appliances 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 the Stoma Therapy Nurse.

**BOWELS:** One should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements, or you may elect to use Metamucil, or add fruits and vegetables to your diet. Milk of Magnesia 30cc is recommended if your stools are hard or if you feel constipated. You may experience some diarrhea, this is normal. **However, if the diarrhea last longer than 5 days, please call the office at (585)232-2980.**

**FOLLOW-UP:** Your follow up appointment is scheduled for N DShort at N Time  
in our N Loc Name office.

**If you have any concerns, please call us at (585)232-2980.**