

# Urology Associates of Rochester, LLC

995 Senator Keating Blvd., Building E, Suite 330  
Rochester, NY 14618

## Radical Cystectomy

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.

### **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 IBUPROFEN or drugs for ARTHRITIS or INFLAMMATION, please discontinue five days before the procedure. If you are on ASPIRIN or aspirin products, please discontinue two weeks before the procedure. If you are on HERBAL SUPPLEMENTS, please discontinue one week before the procedure.
3. If you are on COUMADIN, please consult your primary care physician or cardiologist before discontinuing.
4. If you take antibiotics prior to dental work, have an orthopedic prosthesis, or were told by another physician to take antibiotics prior to surgery, please call the office.
5. If you take blood pressure, thyroid or seizure medication, you may take it with a sip of water the morning of your surgery.
6. No eating or drinking after midnight the night before your surgery except for medications as previously indicated.
7. No alcohol for 24 hours prior to surgery.
8. We suggest that you wear comfortable clothing.
9. 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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### 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. 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 have been given a prescription for pain medication to take at home when discharged from the hospital. Take the medication as needed for your discomfort. It will also 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 10 lbs. for one month.
2. It is okay to shower. Dry the area thoroughly. **No bathing!**
3. It is okay to climb stairs when discharged from the hospital.
4. Walking is good exercise; it improves circulation. Do not overdo it! Go easy at first and slowly increase the distance, as you feel better.

#### **DRIVING:**

No driving until seen in the physician's office. Do not drive while on pain medication.

#### **PAIN MEDICATION:**

You have been given a prescription for pain medication to take at home when discharged from the hospital. As your activity increases, you may experience increased soreness around the incision. This is normal.

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### **INCISION SITE:**

Observe the incision daily. Some redness and drainage at the incision site is normal. If you notice any increased redness, increased tenderness, cloudy (pus-like) drainage from the incision and/or develop fever and/or 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. 30 cc of Milk of Magnesia is recommended if your stools are hard.

You may also experience some diarrhea. If the diarrhea lasts longer than 5 days, please call the office.

### **FOLLOW-UP:**

**Your follow-up office visit has been scheduled for:**

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