

Surgery date: _____ Expected discharge date: _____

Bladder Surgery Pathway: Ileal Conduit (Urostomy)

These are goals for your recovery. Your experience may not follow this pathway exactly. Your doctor or nurse will tell you what to expect. Read your *About Your Bladder Surgery With an Ileal Conduit (Urostomy)* guide for more information.

Before Surgery	
What should I do?	<ul style="list-style-type: none"> Follow the instructions in your <i>About Your Bladder Surgery With an Ileal Conduit (Urostomy)</i> guide. Exercise for 30 minutes (such as walking 1 mile) every day. Practice using your incentive spirometer. Stop smoking now. For help quitting, call 212-610-0507 to make an appointment with the Tobacco Treatment Program. <ul style="list-style-type: none"> Start planning your care after surgery. Talk with your health care agent about your advance directives (such as your Health Care Proxy form). Plan your ride home after surgery. Make sure someone can pick you up by 11:00 AM on your expected discharge date. Make sure your caregiver will be in the hospital with you when you're learning how to care for your urostomy after surgery. <p>1 day before surgery:</p> <ul style="list-style-type: none"> Wash with Hibiclens® in the evening.
What tests, procedures, and medical devices should I expect?	<p>Presurgical testing (PST) appointment:</p> <ul style="list-style-type: none"> Bring a list of all medications you take. Bring results from medical tests done outside of MSK. Bring a copy of your Health Care Proxy form (if you have one). <ul style="list-style-type: none"> You will meet with a wound, ostomy, and continence (WOC) nurse. Your healthcare team may order other tests or appointments.
What medications will I take?	<ul style="list-style-type: none"> Ask your doctor when to stop taking blood thinners (such as aspirin), nonsteroidal anti-inflammatory drugs (NSAIDs), and herbal supplements. <ul style="list-style-type: none"> If you take medication for diabetes, follow your healthcare team's instructions.
What can I eat and drink?	<ul style="list-style-type: none"> Follow a healthy diet. <p>5 days before surgery:</p> <ul style="list-style-type: none"> Stop drinking alcohol. <p>1 day before surgery:</p> <ul style="list-style-type: none"> Follow a liquid diet. Don't drink or eat anything after midnight.

Day of Surgery	
What should I do?	<p>Before surgery:</p> <ul style="list-style-type: none"> • If you use a CPAP machine for sleep apnea, bring it to the hospital. • Wash with Hibiclens before you leave for the hospital. <p>After surgery:</p> <ul style="list-style-type: none"> • Dangle your legs over the edge of your bed. • Use your incentive spirometer 10 times each hour you're awake. • Do coughing and deep breathing exercises.
What tests, procedures, and medical devices should I expect?	<p>Placed before surgery:</p> <ul style="list-style-type: none"> • Intravenous (IV) line • Compression boots • Epidural catheter (if you planned to have one) <p>Placed during surgery:</p> <ul style="list-style-type: none"> • Jackson Pratt® (JP) drain • Stents (if needed) • Drainage catheter in your stoma (if needed) <p>After surgery:</p> <ul style="list-style-type: none"> • You will have these tubes and medical devices when you wake up after surgery.
What medications will I take?	<p>The morning before surgery:</p> <ul style="list-style-type: none"> • Take only the medications you were told to take. Take them with a small sip of water. <p>After surgery:</p> <ul style="list-style-type: none"> • Epidural, IV, or oral pain medication • Blood thinner injection (shot)
What can I eat and drink?	<p>2 hours before your scheduled arrival time:</p> <ul style="list-style-type: none"> • Drink the ClearFast® PreOp drink your nurse gave you. • After you finish the ClearFast, don't eat or drink anything else. <p>After surgery:</p> <ul style="list-style-type: none"> • Drink clear liquids.

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While you're in the hospital:

- You will wear compression boots while you're in bed.
- Tell your nurse if your pain isn't controlled.

	1 Day After Surgery	2 Days After Surgery
What should I do?	<ul style="list-style-type: none"> • Start planning your discharge with your caregiver, nurse, and case manager. • Do your arm and leg exercises for 10 to 15 minutes. Do them 2 times today. • Sit in your chair for 2 to 3 hours. • Walk to the bathroom and brush your teeth. • Walk 3 or more laps around the nursing unit. • Use your incentive spirometer 10 times each hour you're awake. • Do coughing and deep breathing exercises. 	<ul style="list-style-type: none"> • Do your arm and leg exercises for 10 to 15 minutes. Do them 2 times today. • Sit in your chair for 3 or more hours. • Walk to the bathroom and brush your teeth. • Walk 7 or more laps around the nursing unit. • Use your incentive spirometer 10 times each hour you're awake. • Do coughing and deep breathing exercises.
What tests, procedures, and medical devices should I expect?	<ul style="list-style-type: none"> • Your nurse or WOC nurse will show you and your caregiver how to care for your urostomy and change your pouching system. 	<ul style="list-style-type: none"> • Your nurse or WOC nurse will teach you and your caregiver how to care for your urostomy and change your pouching system.
What medications will I take?	<ul style="list-style-type: none"> • Daily medications • Epidural, IV, or oral pain medication • Blood thinner injection 	<ul style="list-style-type: none"> • Daily medications • Epidural, IV, or oral pain medication • Blood thinner injection
What can I eat and drink?	<ul style="list-style-type: none"> • Drink liquids. 	<ul style="list-style-type: none"> • Drink liquids. • Slowly start eating solid foods. • Sit in your chair during your meals.

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	3 Days After Surgery	4 Days After Surgery
What should I do?	<ul style="list-style-type: none"> • Finish planning your discharge. Make sure you have a ride home. • Shower. A member of the nursing staff will help you, if needed. • Do your arm and leg exercises for 20 to 25 minutes. Do them 3 times today. • Sit in your chair for 4 or more hours. • Walk to the bathroom and do all self-care activities (such as brushing your teeth and washing your face). • Walk 10 or more laps around the nursing unit. • Use your incentive spirometer 10 times each hour you're awake. • Do coughing and deep breathing exercises. 	<ul style="list-style-type: none"> • Do your arm and leg exercises for 20 to 25 minutes. Do them 3 times today. • Sit in your chair for 5 or more hours. • Walk 14 or more laps around the nursing unit (1 mile). • Use your incentive spirometer 10 times each hour you're awake. • Do coughing and deep breathing exercises. <p>Before you're discharged:</p> <ul style="list-style-type: none"> • Gather your belongings in the morning. • Plan to leave the hospital by 11:00 AM.
What tests, procedures, and medical devices should I expect?	<ul style="list-style-type: none"> • If you have an epidural catheter, it will be removed. • Your nurse or WOC nurse will review how to care for your urostomy and change your pouching system with you and your caregiver. 	<p>Before you're discharged:</p> <ul style="list-style-type: none"> • Your JP drain will be removed. • Your IV line will be removed. • Your nurse will give you discharge instructions. • Your nurse will give you supplies to care for your pouching system at home. • If a nurse will be visiting you at home, your case manager will give you information about the nursing agency.
What medications will I take?	<ul style="list-style-type: none"> • Daily medications • Oral pain medication • Blood thinner injection 	<ul style="list-style-type: none"> • Daily medications • Oral pain medication • Blood thinner injection <p>Before you're discharged:</p> <ul style="list-style-type: none"> • A discharge pharmacist and your nurse will talk with you about the medications you will take at home. • Your nurse will give you a list of the medications you will take at home.
What can I eat and drink?	<ul style="list-style-type: none"> • Eat solid foods. • Sit in your chair during your meals. 	<ul style="list-style-type: none"> • Eat solid foods. • Sit in your chair during your meals.

After Discharge

What should I do?

- Follow the instructions in your *About Your Bladder Surgery* guide.
- Spend most of your time out of bed (such as sitting in a chair).
- Do your arm and leg exercises. Follow your physical therapist or occupational therapist's instructions.
- Walk 1 mile or more every day.
- It's normal to be more tired than usual.
- Don't drive until your doctor tells you it's okay.
- Don't lift more than 10 pounds (4.5 kilograms) for 6 weeks.
- Call your doctor's office if you have any questions or concerns.

What tests, procedures, and medical devices should I expect?

- You will have your first appointment after surgery 1 to 3 weeks after you're discharged.

What medications will I take?

- Oral pain medications (as needed).
- Blood thinner injections (if needed).

What can I eat and drink?

- Eat solid foods.
- Sit in your chair during your meals.
- Follow your healthcare team's instructions.

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