

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

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

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

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

## 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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