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## **POST RADICAL CYSTECTOMY SURGERY INSTRUCTIONS**

**DIET:** You may return to your normal diet immediately. Fluids, especially water, are particularly helpful to keep the flow of urine at an ideal level. You have no real restrictions, but your bowels may be sensitive to spicy or heavy foods (fried, oily ect.). Proteins (meat, fish, chicken etc) are very important in the healing process to rebuild damaged tissue. Vitamins are OK ,especially if you are not eating a well-balanced diet.

**ACTIVITY:** Your physical activity is to be restricted, especially during the first two weeks home. During this time use the following guidelines:

- a. No lifting heavy objects (anything greater than 10 lbs).
- b. No driving a car and limit long car rides.
- c. No strenuous exercise, limit stair climbing to a minimum.

**BOWELS:** You may have diarrhea because of the bowel surgery and its effect on bowel function. Or because of the use of narcotics for pain relief, you could also experience constipation. If the diarrhea is severe (more than two loose stools a day), we do have medication that can help. If it is not too severe, you can try Imodium AD, a drug that can be purchased over the counter at you pharmacy. If you are constipated then a mild laxative is fine (Milk of Magnesia 2-3 tablespoons or 2 Dulcolax tablets). A bowel movement every other day is reasonable. Your bowel function will usually return to normal in six weeks.

**MEDICATION:** You should resume your pre-surgery medication unless told not to. You may be discharged with Iron tablets to build up your blood count. Take Tylenol (acetaminophen) or Advil/Motrin (Ibuprofen) which have no narcotics and are better tolerated than narcotics.

**STOMAL CARE/NEOBLADDER/CONTINENT DIVERSION:** Patients with neobladders or continent diversion will go home with catheters in place. Separate instruction sheets will explain the care of the catheters and drainage bags. If a stoma or urostomy was created it will be covered by the stomal therapists and our office with other handouts and instructions before you are discharged from the hospital.

**HYGIENE:** You may shower or bathe as soon as you get home.

### **PROBLEMS YOU SHOULD REPORT TO US:**

- Fevers over 100.5 Fahrenheit.
- Drug reactions (Hives, rash, nausea, vomiting, diarrhea).
- Persistent, severe bowel problems such as: constipation, vomiting, and diarrhea.

### **FOLLOW-UP:**

You will need a follow-up appointment to monitor your progress. If you weren't given one when we scheduled the surgery, please call for this appointment at the number above when you get home. Usually the first appointment will be about 10-14 days after your surgery.