

**MASSACHUSETTS GENERAL HOSPITAL
DEPARTMENT OF UROLOGY
PRE-OPERATIVE INFORMATION
ENHANCED RECOVERY AFTER SURGERY (ERAS) GUIDELINES FOR
RADICAL CYSTECTOMY**

Patient Information:

Patient Name: _____

Surgical Procedure: _____

Date of Surgery: _____

Time of Surgery: **You will be contacted by your care coordinator 24-48 hours prior to your surgical date, to notify of your surgical time.**

Location: **MGH Main Campus, 55 Fruit Street, Boston, MA 02114
Center for Perioperative Care
Wang Building, 3rd Floor, Room 309**

Your Care Team:

Surgeon: _____

Resident: _____

PA/NP: _____

Care Coordinator: _____

Telephone: **(857) 238-3838**

Your pre-admission telephone screening with the anesthesia department is scheduled for: ___/___/___ at ___: ___. Should you miss this call, please call back (617) 643-2555.

PLEASE NOTIFY YOUR CARE TEAM IMMEDIATELY:

- **If you are allergic to LATEX**
- **If you are currently taking any anticoagulants (blood thinners).** Some common blood thinners include Coumadin, Eliquis, Xarelto, Lovenox, and Heparin.
 - **You must contact the physician who prescribes your blood thinners to determine whether it is safe for you to hold the medication.**
- **If you have a heart condition,** such as aortic stenosis or an artificial valve.
- **If you have an artificial joint,** such as a hip or knee replacement.
- **If you have been instructed by your doctor to take antibiotics before going to the dentist.**

SEVEN DAYS BEFORE SURGERY: ___/___/___

- ✓ **STOP taking all medications which contain aspirin, unless otherwise noted by your physician.**
- ✓ **STOP taking all vitamins, herbal supplements, and fish oil.**
- ✓ **STOP taking medications which contain ibuprofen, such as Motrin, Advil, and Nuprin, as well as Aleve, Celebrex, Naproxen, and Vioxx.**
- ✓ You may take only Tylenol.
- ✓ **If you are prescribed anticoagulants (blood thinners), please be certain to contact the prescribing physician for clearance to hold the medication prior to surgery.**

THREE DAYS BEFORE SURGERY: ___/___/___

- ✓ **Dietary changes:**
 - Eat meals high in carbohydrates and high in protein, such as pasta and meat.

- Please hydrate with water, Gatorade, and juice.
-

TWO DAYS BEFORE SURGERY: ___/___/___

- ✓ Shower with Chlorhexidine wash, according to attached document.
 - Chlorhexidine will be shipped to your home or provided by your Surgeon's office.
 - If you do not receive the Chlorhexidine wash, you can purchase it at most pharmacies and does not require a prescription.
 - If you were tested for STAPH and are positive, defer to instructions provided by your surgeon's office for the use of Chlorhexidine wash and mupirocin nasal ointment. Your doctor will let you know if you need additional testing.
 - ✓ **Dietary changes:**
 - Eat meals high in carbohydrates and high in protein, such as pasta and meat.
 - Please hydrate with water, Gatorade, and juice.
-

ONE DAY BEFORE SURGERY: ___/___/___

- ✓ Shower with Chlorhexidine, according to attached document.
 - ✓ **Dietary changes:**
 - You must adhere to a clear liquid diet today.
 - **No solid foods are permitted today.**
 - **Approved clear liquids include:**
 - Water/ice chips
 - Black tea/coffee (hot or cold, NO milk, cream, or non-dairy creamer)
 - Pulp less Juices
 - Gatorade (no red)
 - ✓ Before bed drink 20-24oz of Gatorade (no red)
-

SURGICAL DAY: ___/___/___

- ✓ A carbohydrate drink will be provided to you in a shipment to your home or by your Surgeon's office.
- ✓ If you do not receive this drink, please purchase 20 oz. of Gatorade (no red) to use as your carbohydrate drink.
- ✓ Consume both bottles of Ensure Pre-Surgery®. Make sure to finish them at least 2 hours before your scheduled arrival time. Do not drink anything else after you finish.
 - ❖ Keep in mind that you don't need to wake up in the middle of the night to start drinking the 2 bottles if your surgery is booked very early in the morning. Instead, try to get some rest on the night before your surgery.
 - ❖ If you are diabetic, please follow the recommended diet and do not consume the carbohydrate drink as it may increase your blood sugar.
- ✓ You must stop all liquids no less than 2 hours before your scheduled arrival time.
- ✓ Shower with Chlorhexidine, according to attached document.
- ✓ If you are on insulin **DO NOT TAKE IT**. Bring it with you to the hospital.
- ✓ **Do not take** ACE inhibitors (e.g., Captopril, Lisinopril, Quinapril) on the day of surgery.
- ✓ **Do not take** angiotensin receptor blockers (e.g., Irbesartan, Valsartan, Losartan) on the day or surgery.
- ✓ Please **do** take prescribed beta-blockers (e.g., Atenolol, Metoprolol, Propranolol) on the day or surgery.
- ✓ Please **do** take your prescribed extended-release narcotics (e.g., OxyContin) on the day of surgery.
- ✓ Do not wear jewelry and do not bring anything valuable to the hospital.
- ✓ Report to the MGH Center for Perioperative Care on Wang 3 at least two hours prior to your scheduled surgical time.
- ✓ The surgery will last approximately 8 hours.

AFTER SURGERY:

- You will remain in the PACU (recovery room) for 2-4 hours following surgery.
- You will be transferred from the PACU to Ellison 6, the inpatient urology unit. Your family may call the Ellison 6 nurses' station at (617) 724-4610 to speak with your nurse.
- Nurses from the Enterostomal Therapy Department will be consulted during your admission and will meet with you to review the care of your stoma.

If you have questions: Please call MGH Urology at **(857) 238-3838**. If a Medical Interpreter is required, please call **(617) 726-6966**.

SHOWERING INSTRUCTIONS



SHOWERING INSTRUCTIONS:

These instructions will differ from the instructions on the Chlorhexidine package. Package instructions are meant for surgeons using this product as a skin antiseptic prior to performing the surgical procedure.



Please use the following instructions for showering:

1. Use Chlorhexidine wash instead of your regular soap. Do Not Use Both.
2. Shampoo/condition your hair as you normally do before use of the Chlorhexidine.
3. Rinse your body thoroughly with water first.
4. Turn the water off to prevent rinsing the Chlorhexidine wash off too soon or have your back to the shower.
5. Wash from the neck downwards. Be especially careful to wash the part of your body (abdomen) where your operation will be performed. Be sure to get in your belly button – you can use a Q-Tip as needed to help with this.
6. Wash gently for five (5) minutes. Do not scrub your skin too hard. You can use a sponge to help with lathering.
7. Allow the Chlorhexidine to dry on your skin for 1 minute before rinsing off.
8. Turn water back on, or turn to face the shower, rinse well and pat dry with a clean towel.
9. Do not apply powder, lotion, deodorant, or hair products after the third shower.
10. Do not shave the area of your body where your surgery will be performed. Shaving increases your risk of infection.

DO NOT USE CHLORHEXIDINE:

- If you have an allergy to Chlorhexidine-containing products.

- If allergic speak to your doctor about using an antibacterial soap instead.
- On your head, face, or genitals.
- If you get this soap into your eyes flush with water.

Allergic reactions and skin reactions are rare but can occur. If you develop a rash or skin irritation, please contact your physician. If you develop an allergic reaction involving hives or difficulty breathing, call 911 or report to your nearest emergency department.