



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.**
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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.**
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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 Hibiclens, according to attached document.

✓ **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 Hibiclens, 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:**
 - Jello-O (no red Jell-O)
 - Chicken, vegetable, or beef broth
 - Water/ice chips
 - Black tea/coffee (hot or cold, NO milk, cream, or non-daily creamer)
 - Apple, cranberry, or white grape juice
 - Crystal Light/Kool-Aid (no red)
 - Italian ice
 - Gatorade (no red)
 - Clearfast
 - Pedialyte
 - Popsicles (no red)
- **Please drink two bottles (24 oz total) of Gatorade in the evening prior to midnight.**
- **Nothing to eat or drink after midnight.**

SURGICAL DAY: ___/___/___

- ✓ Drink one 12 oz bottle of Gatorade three hours prior to your scheduled surgical time.
- ✓ Shower with Hibiclens, 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**.