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NURSING INSTRUCTION SHEET – CYSTECTOMY SUGERY

PRE-OPERATIVE MEASURES:

- As soon as patient gets admitted please inform Duty Urology Registrar.
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- Triflowmetry - teach the patient to start doing it pre operatively.
- NBM to maintain from midnight 12 am.
- To provide **Carbolaod drink** 2 sachet 8 hour before surgery and 1 sachet 3 hour before surgery. (Diabetics will not get this)
- Apply Teds Stockings in ward and then shift with Flowtrons to OT

POST-OPERATIVE MEASURES:

- Advise and Motivate patient to sit in Bed / Chair if willing after 6 – 8 hrs of surgery.
- From Post-Operative Day 1, ask the patient to Ambulate out of bed – No need to wait for Doctors rounds.
- Inj Clexane 40 mg SC to be started on the night of surgery (to check with team)
- Advised patient to do following **EVERY HOUR** - maintain a chart for it
 - ❖ **WALK FOR 10 MINUTES**
 - ❖ **TRIFLOWMETERY BREATHING EXERCISE AT LEAST 10 TIMES**

Postoperative Day	IV Fluids	Clear Apple Juice / Tender Coconut Drinks	Pentasure2.0 Drink (Mixed in Normal Water)
1 st Day	75ml/hour	30ml/hour	Half tsp in 30ml - t.i.d
2 nd Day	50ml/hour	60ml/hour	Half tsp in 60 ml - t.i.d
3 rd Day	500ml in Morning 500ml in Evening	Free Drinks Including Tea/Coffee	1 tsp - t.i.d
4-7 th Day	Nil	Soft Solid diet	1 tsp - t.i.d
8 th Day onwards	Nil	Normal diet	1 tsp - t.i.d for one month

- Flowtron boots to be removed once ambulated and Teds stockings to be removed for 2 hours every day.
- Please ask patient attenders to bring some **CHEWING GUMS** for patient, and ask patient to chew it through the duration in hospital - 3 in a day would suffice.

Confirm with Dr.N Ragavan / Assigned Registrar regarding removal of Catheters and Drain