

Instructions for Going Home after Neo Bladder



UHN

This booklet will give you information about:

- What to expect after your operation
- How to care for yourself at home
- Irrigating your SP tube and Foley catheter
- How to do Intermittent Catheterization
- How to prepare saline at home
- How to contact us

A Community Care Access Nurse will be arranged for you. They will go over teaching and make sure you are managing well with your Neo Bladder once you leave the hospital.

How to go back to your normal activities

- No heavy lifting or straining for 4 to 6 weeks. Do NOT lift anything over 5 to 10 lbs. An example would be a small bag of groceries.
- Relaxing walks are best. Walking is a good exercise. Start off slowly and increase to what feels comfortable. You may also use a treadmill.
- Avoid long car drives. Stop every 2 hours and walk for 15 minutes if you are traveling long distances.

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Important

Go to your nearest emergency department if you have pain, redness or swelling in your calf or inner thigh area.

Ways to care of your incision

- You may shower while the clips are in place. Use mild soap. Pat the area around the incision dry with a towel.
- Do not put creams, lotions or powder on your incision.
- Call your doctor, 6 A West nursing unit, or your CCAC nurse if you notice pain, redness, swelling, drainage or tenderness in the incision area. Phone numbers are listed on the last page of this pamphlet.

What to eat and drink

- Drink lots of fluids. It's best to drink at least 3 litres of fluids a day.
- Start by eating frequent small meals at first because they are easier to digest.
- Avoid constipation, which is caused by pain medication, by eating fruits and vegetables for fibre. Eating foods with bran is best.

Watch for these signs and symptoms of infection

- Pain and / or redness at the incision site.
- Your temperature rises above 38° C, and/or you have fever, chills, or you feel very tired.
- Pain in your side or stomach area.
- Foul smelling urine or cloudy urine.

Irrigating your SupraPubic (SP) tube and Foley catheter

- Wash your hands with warm water and soap before you begin.
- Irrigate and withdraw fluid from these tubes 3 times a day and as needed (more often if there is a lot of mucous in your urine).
- The SP can be done in the morning and at bedtime.
- The foley should be done at these times **and** during the day.
- When you irrigate the SP, remove the bag. Then irrigate it with 50 to 75 cc of saline gently. Draw back gently. This tube is often difficult to withdraw fluid from, **but do not use force**.

- When you are changing from night to day bags, clean the drainage bags with mild liquid soap and warm water. Let drip dry. You can use vinegar to clean the bags and control odors.
- **You should have less mucous over time if you use Pharmanac.**

Your Voiding Schedule

Tips when urinating: relax your pelvic floor muscles, and then contract your abdominal wall muscles, pushing down on your lower abdomen with your hands.

| <u>Day</u> | <u>Night</u> |
|---|-----------------------|
| 1st week: Urinate every 2 hours | Urinate every 3 hours |
| 3rd week: Urinate every 2-3 hours | Urinate every 4 hours |
| 8th week: Urinate every 3-4- hours | Urinate every 6 hours |

- The schedule above is just an estimate of the times and goals you should try to meet.
- You may not be able to hold your urine for 3-4 hours during the day if you are drinking lots of fluids.

Most people will have nighttime incontinence or leak urine. This does not go away and most wear a pad at night.

3 things you can try to decrease the amount of leakage are:

1. Drink less fluid in the evening, before you go to bed.
2. Set an alarm to wake you up during the night to urinate.
3. Catheterize yourself before you go to bed to completely empty your new bladder pouch.
 - Wear a pad at night.
 - Drink 3 litres of fluid during the course of the day.

Intermittent Catheterization (IC)

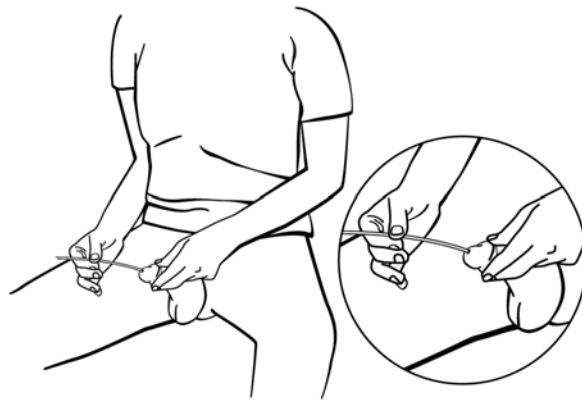
IC should be done once both your SP and foley catheter are removed.

We will teach you all about IC in the Cystoscopy department after the SP and foley catheter are removed.

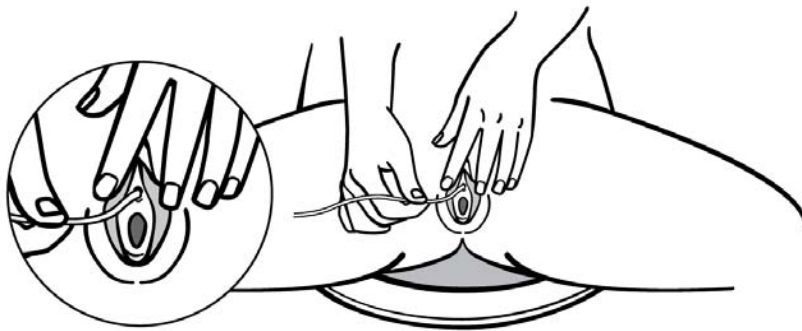
IC is done once a day and as needed to clear the new bladder of mucous. How often you do it depends on the amount of mucous you need to remove. You may find that sometimes you need to increase IC to more than once a day.

Try and pass your urine normally before you catheterize yourself.

1. Wash your hands. Gather your supplies (such as your catheter, lubricant etc.).
2. Wash the end of the urethra really well with a mild soap without perfume (such as Ivory soap) and water. Then wash your hands well for at least 15 seconds. If you are an uncircumcised male, pull back the foreskin of the penis and wash.
3. Lubricate the tip of the catheter with a water-soluble gel.
4. Make yourself comfortable in a sitting position.
5. **For men**, hold the penis upright toward the ceiling. This creates a straighter passage down the urethra.



For women, use a mirror to help you position and insert the catheter.



6. You will probably need to:
 - **Men:** Slide the catheter in about 6 to 8 inches (15 - 20 cm)
 - **Women:** Slide the catheter in about 1 to 2 inches (2.5 - 5 cm).
 - **Men and women:** Continue to insert the catheter until you start to see urine draining from it. When you see urine draining, slide the catheter in 1 more inch (2.5 cm), and then stop.

7. Wait for all the urine to drain from the bladder.
 - Insert 75 ml to 100 ml of saline and irrigate the neo bladder.
 - Repeat the process until you see little or no mucous.

If you are having trouble inserting the catheter:

- Try taking a couple for deep breaths and exhale **slowly**. This helps to relax your muscles.
- You can also try and turn the catheter as you are inserting it into the urethra.
- **NEVER** force the catheter.
- If you are not able not able to insert the catheter, call your doctor.
- Please do not worry if you see some pink urine when you insert or remove the catheter. This is normal.

How to Prepare Saline at Home

Saline helps to irrigate your bladder of mucous and old blood clots. **If you have been told to make saline at home**, this is how to do it. (You can also buy prepared Saline at your local pharmacy).

There are 2 ways to prepare Saline at home:

Method One:

Mix ½ teaspoon of table salt to 1 cup boiled water.

To store: opened containers of saline must be stored in the refrigerator.

- Saline made this way may be kept for 48-73 hours in the refrigerator.
- Remove it from the refrigerator ½ hour (30 minutes) before you use it.

Method Two:

- Add 8 teaspoons of table salt to 3 litres (1 gallon) of distilled water. You can buy distilled water at your local pharmacy.
- Pour the saline into a sterile container(s).
- Refrigerate the saline between uses.
- Keep the saline in the refrigerator for up to 4 weeks. If you cannot refrigerate it, saline made this way may be kept for 2 weeks at room temperature.

How to Contact Us

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|-----------------------|--------------|
| Nursing Unit 6A West | 416-340-3521 |
| Cystoscopy department | 416-340-3882 |

Urologists

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|-----------------|--------------|
| Dr. T. Finelli | 416-946-2851 |
| Dr. N. Fleshner | 416-946-2899 |
| Dr. M. Jewett | 416-946-2909 |
| Dr. A. Zlotta | 416-586-3910 |