

STAY
AMAZING

NewYork-
Presbyterian

WITH WORLD-CLASS DOCTORS FROM  COLUMBIA

Preparing for Surgery: Life with a NeoBladder

Bernadette Pena RN, NP, CWOCN

“Bernie”

Today's Discussion

Understanding Your Urinary System

Surgery

Life with a NeoBladder

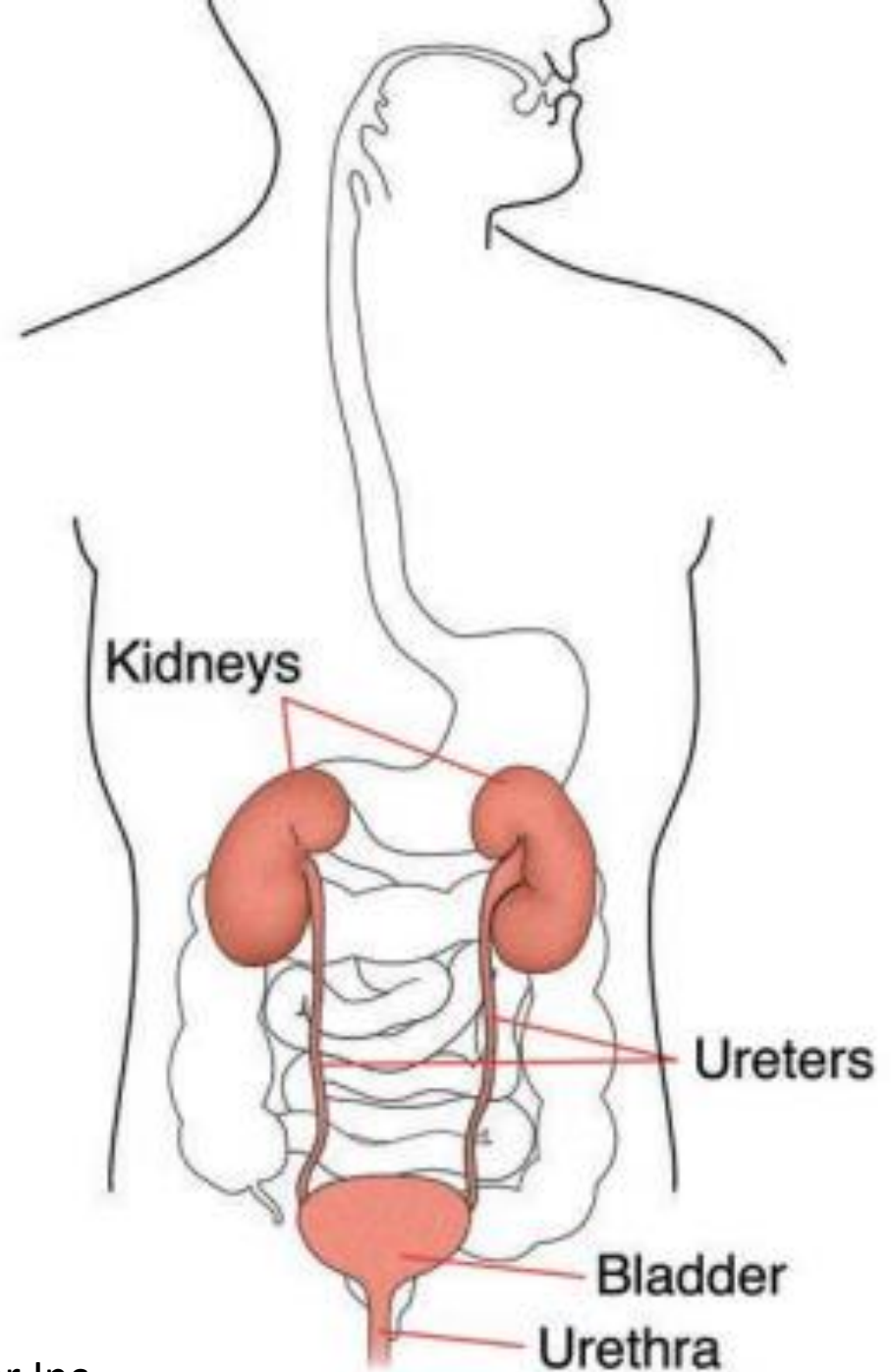
Preparing for Surgery

The Hospital Stay

Returning Home

Understanding Your Urinary System

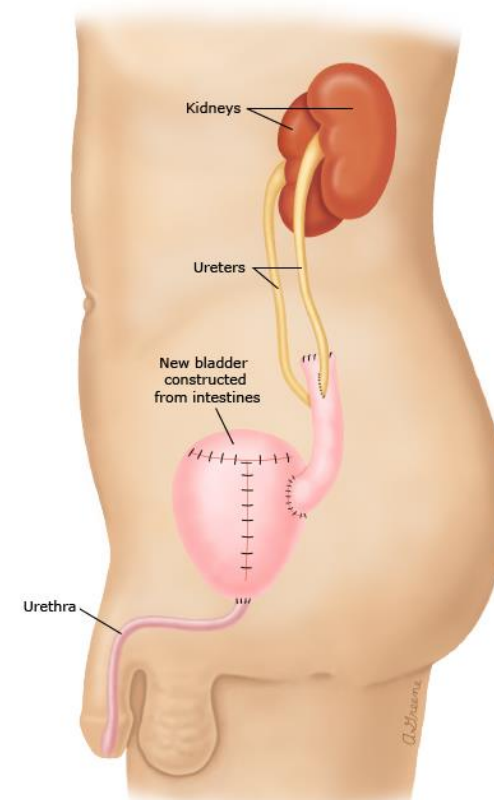
- Urine is produced in your Kidneys
- Travels through your Ureters
- Collects in your Bladder
- Empties through your urethra



Surgery: Radical Cystectomy with NeoBladder Creation

- Removal of Bladder, Prostate, and Lymph nodes
- Internal Reservoir
- Using a portion of your intestine to create the Neobladder
- Average surgical time 5- 7 hours
- Incision
- *Post Operative Catheters for a few weeks after surgery

Orthotopic neobladder (also called Studer neobladder or pouch)



How Does the Neobladder Function?

- Comparison to a Balloon
- The Neobladder is not a muscle
- External pressure VS Internal pressure
- Ideal capacity 400ml - 500ml
- Pelvic Muscle to maintain continence
- Production of Mucus
- May Learn Clean intermittent Catheterization



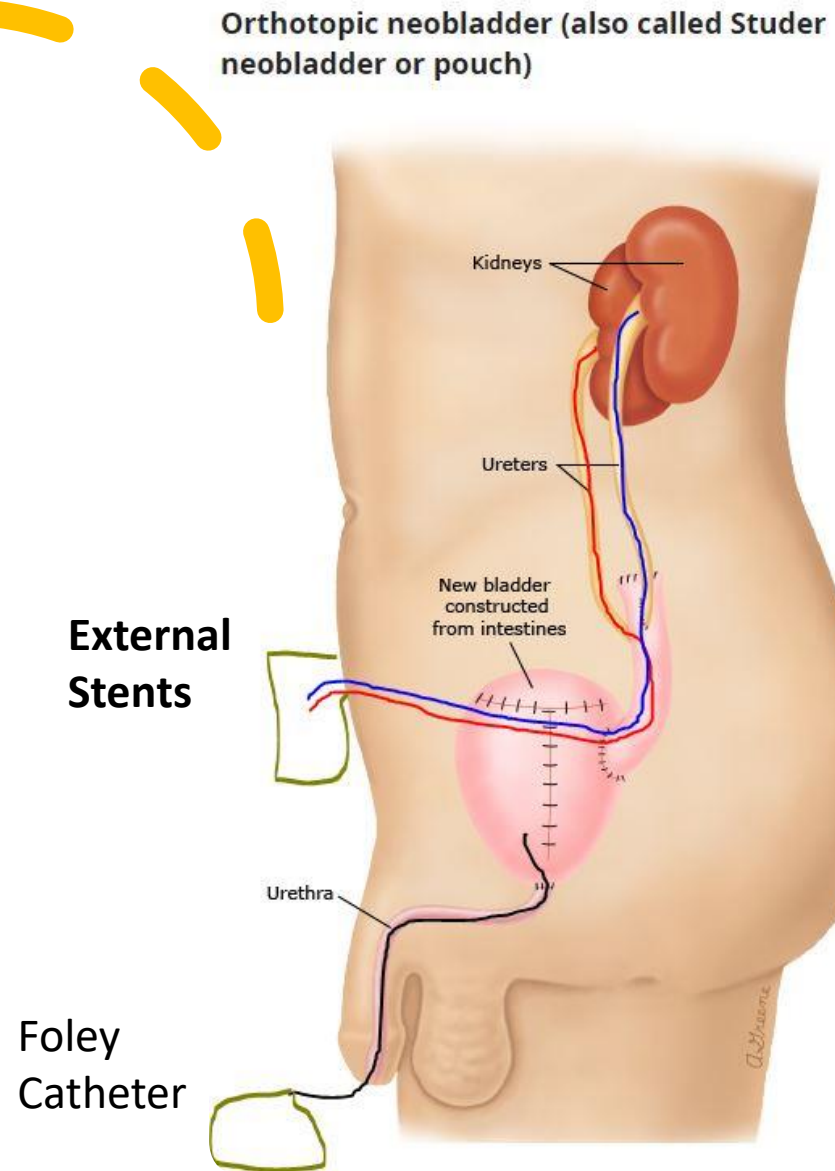
Life with a NeoBladder

- Timed voiding 3-4 hours standing or sitting during the day
- New sensations to void
- Taking the time to void
- Possible Nighttime Incontinence- Condom Catheters
- Returning to hobbies and returning work
- ED



Temporary Catheter Management After Surgery

- It is important not to expand the Neobladder for the first 3 -4 weeks after surgery. Temporary Catheters will be placed until the Neobladder has healed
- **Foley Catheter** – 3 weeks
 - Normal Saline Water Bladder Irrigation- Three Times a Day and as needed at home
- **External Stents** – 1- 2 weeks
 - Avoid tension on the Stents
- **Jackson Pratt Drain** –
 - Removed before discharge



Timed Voiding after all Catheter Removal

- After surgery, your bladder has capacity is small.
- It takes **TIME** to build capacity
- Timed voiding 2-3 hours for the first few weeks to
- After a **FEW MONTHS** of timed voiding, most patient can obtain a bladder capacity of 400ml – 500 ml.
- Mens Diapers or Pads needed during training period

Weeks After Surgery	Frequency of Voiding During the day	Frequency of Voiding at Night
Week 1-2	1.5 hours – 2 hours	Every 2 hours
Week 3	2 - 2.5 hours	2 hours
Week 4	3 hours	3 hours
Week 5	3 – 3.5 hours	3 hours
Week 6	3-4 hours	4 hours
Week 7	4 hours	Once a night

Preparing for surgery

- Review scheduled appointments with Provider's Scheduler
- Call from Hospital Nurse the day before surgery
- Washing your abdomen with Antibacterial Soap the night before
- Understanding your Bowel Prep before surgery
- Nutrition Consult – increasing your protein intake
- Learning Kegel Exercises

Your Hospital Stay

- Average stay is 5-7 days
- Operating Room → Recovery Room → Semi Private Hospital Room
- Visitor Hours
 - 7am – 9pm
 - 2 visitors at a time
 - Exception Recovery Room



Returning Home

- Walking as tolerated
- Eating as tolerated
- Visiting Nurse: Initiated by Social Work Dept in the hospital
- Returning to work
- Schedule of Follow up Visits with your Surgeon
- Blood Thinner for the first 30 days after surgery