

STAY
AMAZING

NewYork-
Presbyterian

WITH WORLD-CLASS DOCTORS FROM  COLUMBIA

Preparing for Surgery: Life with an Indiana Pouch

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“Bernie”

Today's Discussion

Understanding Your Urinary System

Surgery

Life with an Indiana Pouch

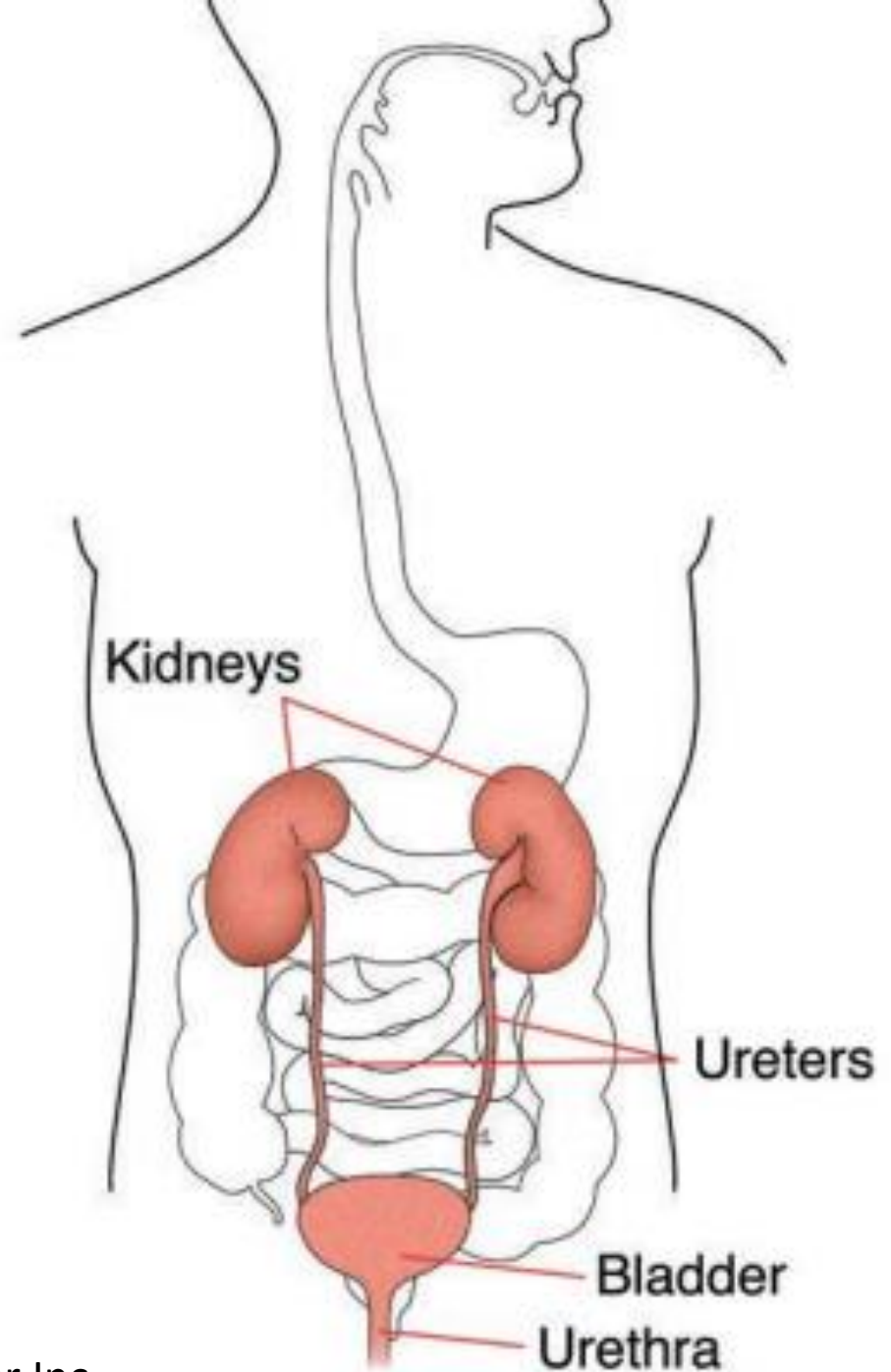
Preparing for Surgery

The Hospital Stay

Returning Home

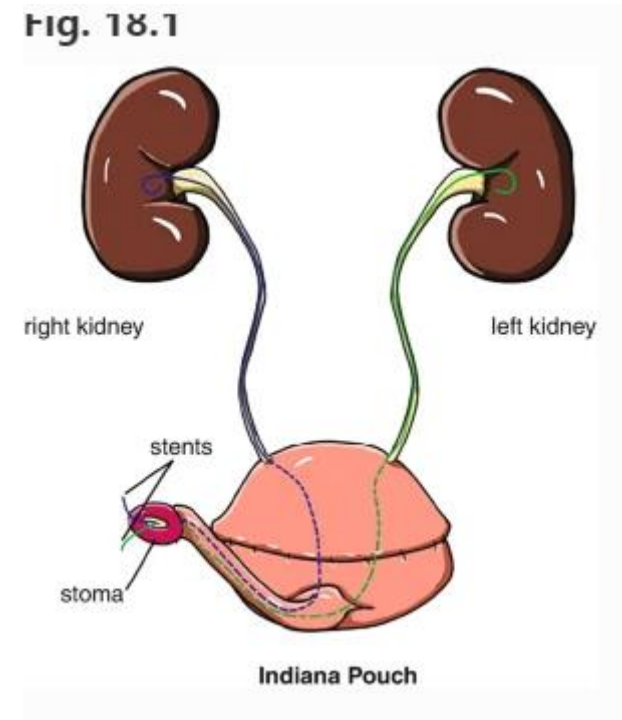
Understanding Your Urinary System

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



Surgery: Radical Cystectomy with Indiana Pouch Creation

- Removal of Bladder, Prostate, and Lymph nodes
- Catheterizable, Continent , Internal Pouch
- Surgery will last 5- 7 hours
- Incision
- Continnence Valve
- *Post Operative Catheters for a few weeks after surgery

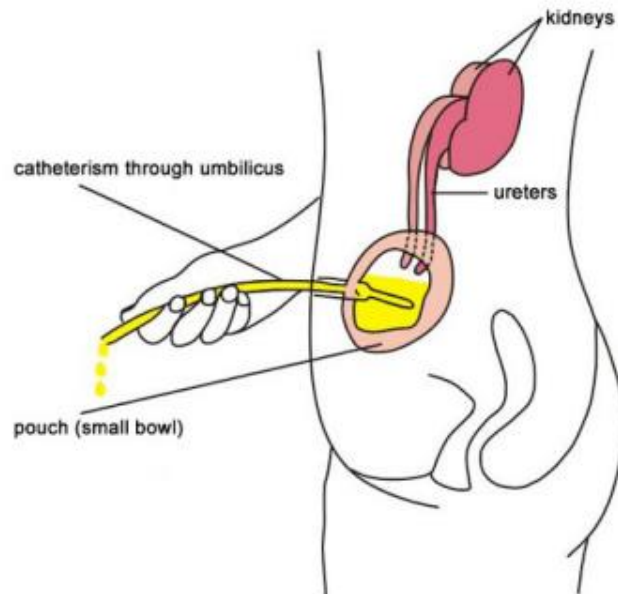


Basourakos, S.P., Scherr, D.S. (2021)



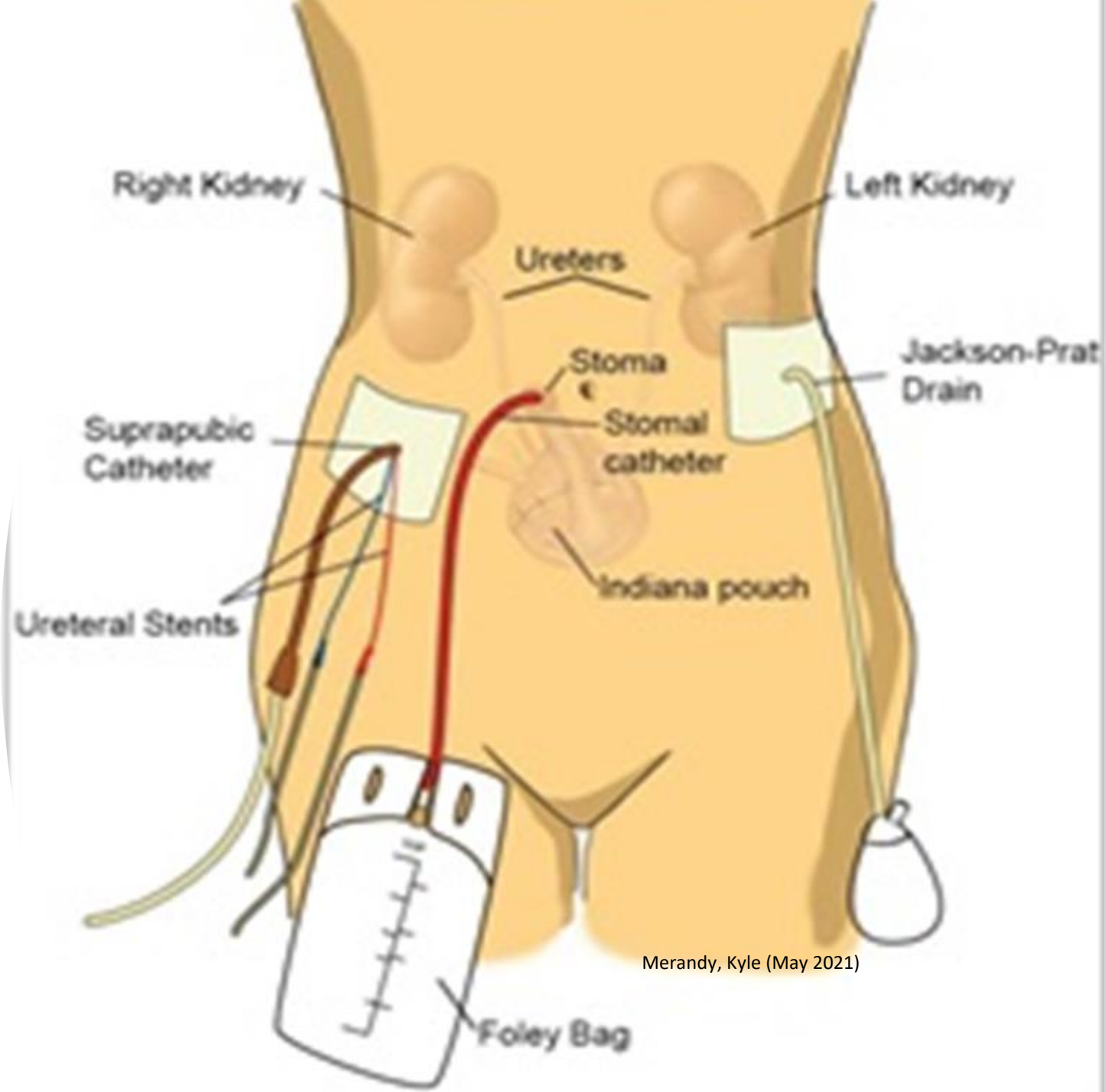
Life with an Indiana Pouch

- Inserting a catheter into stoma to empty the bladder
- Timed voiding 3-4 hours during the day
- Waking up once at night to empty your bladder
- New sensations to void
- Returning to hobbies and returning work
- Medic Alert bracelet or card
- ED, Shortened Vaginal Vault



Temporary Catheter Management After Surgery

- It is important not to expand the Indiana Pouch for at least 3-4 weeks after surgery.
- Suprapubic Catheter – 3-4 weeks
 - Normal Saline Bladder Irrigation- Three Times a Day and as needed
 - Last to be removed
- Catheter in Stoma
- External Stents – 2 weeks
 - Care not to pull on Stents
- Jackson Prat Drain – 1 week



Merandy, Kyle (May 2021)

Timed Emptying of Indiana Pouch

- The LAST Suprapubic Catheter is the last catheter to be removed
- You will empty your bladder using a catheter every 2 hours around the clock for the first few weeks.
- After a **FEW MONTHS** of timed voiding, most patient can obtain a bladder capacity of 400ml – 500 ml.
- Irrigating your bladder with Normal Saline fluid periodically

Weeks After Surgery	Frequency of Catheterizing During the DAY time	Frequency of Catheterizing during the NIGHT Time
Week 1-2	1.5-2 hours	Every two hours
Week 3	2 -2.5 hours	2 hours
Week 4	3 hours	3 hours
Week 5	3 -3.5 hours	3.5 hours
Week 6	3- 4 hours	4 hours
Week 7	3- 4 hours	5 hours

Preparing for surgery

- Review scheduled appointments with Provider's Scheduler
- Call from Hospital Nurse the day before surgery
- Shower your abdomen with Antibacterial Soap the night prior to surgery
- Understanding your Bowel Prep before surgery
- Nutrition Consult – Increasing your protein intake before surgery

Returning Home

- Walking as tolerated
- While recovering you will feel tired but slowly regain your energy
- Smaller Softer frequent meals at home
- Visiting Nurse: Initiated by Social Work Dept in the hospital
- Catheter Supplies
- Follow Up visit with surgeon
- Driving – after all the catheters are removed
- Returning to work 2-3 months

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





The Hospital Stay – “How Will I feel?”

- Team Approach
- Physical Therapy
- Nursing
- Pain Management
- Social Work
- Physician

- Basourakos, S.P., Scherr, D.S. (2021). Continent Cutaneous Urinary Diversions. In: Kamat, A.M., Black, P.C. (eds) Bladder Cancer. Springer, Cham. https://doi.org/10.1007/978-3-030-70646-3_18