

Discharge advice following a bladder removal operation

This leaflet explains more about returning to your everyday activities after your bladder removal operation.

If you have any further questions, please speak to a doctor or nurse caring for you.

Looking after my wound and drain

You will have clips and may have a drain that will be removed at your first clinic appointment if they have not been removed before your discharge. If your wound becomes red, inflamed, swollen, discharges fluid and is smelly or more painful then contact us.

What should I do if I have abdominal pain or constipation?

As your surgery has involved disturbing your intestines (bowels) this usually results in altered bowel habit in the immediate post operative period and the short term after discharge. This may result in either loose stools or constipation. This usually settles as your appetite improves and you return to your normal eating and drinking habits. It is very important that you drink two litres of fluid every day. This will help to avoid constipation and keep you well hydrated. If constipation lasts longer than three-four days then we would suggest you take a mild laxative which your GP can prescribe if you do not already have some from the hospital. If your tummy becomes very painful and/or you have a fever it is important to contact us and we will readmit you to hospital to do some investigations.

Will I need to change my diet or do any specific exercises?

Ensure you drink plenty of fluid, maintain a healthy diet and take regular exercise, such as walking. This can be gradually increased until you are back to your usual activity. Do not undertake any heavy lifting for two months after the operation. You may feel extremely tired, this is normal and you should rest when required. If you have a poor appetite or have noticed weight loss please contact us or your GP as you may need further nutritional advice.

To reduce the risk of you developing a deep vein thrombosis (blood clots in the leg) you may be given special stockings to wear and a daily blood-thinning (anticoagulant) injection. The injections may need to be taken for 28 days in total. You or a family member/friend will be taught how to give the injections before you leave the ward.

What should I do if I have a stoma problem?

If you have a stoma and experience any problems with your stoma after you go home, please contact your stoma specialist nurse. You will be given contact details before you leave hospital, or see below for Guy's Hospital stoma team or the Clinical Nurse Specialists who can help.

When can I return to normal activities?

You should consider taking up your hobbies and activities as soon as possible again after surgery. It enables you to maintain your activity and will benefit your recovery. You should not need to restrict these unless they cause significant pain or involve heavy lifting, in which case avoid them for the first two months after your operation. You can start driving when you feel confident that you can safely perform an emergency stop and your insurance company is happy then you are fit to drive, usually six to eight weeks after the procedure.

Will I have a follow-up appointment?

You will be given an appointment to come back to the bladder cancer clinic/stoma clinic within two weeks of your discharge from the ward, unless you are given other information. However, if you have any concerns then please do not hesitate to contact us on numbers shown below.

Contact us

If you want any further information or any help, please do not hesitate to contact the urology department for advice.

Telephone **020 7188 7636** to speak to Sue Amery or Kathryn Chatterton (Monday to Friday, 9am to 5pm) leaving a message with the call centre. Or the stoma team on **0207 188 6469**

Alternatively telephone **020 7188 3026** and ask the operator to bleep:

- 2840 to speak to Sue Amery, Bladder cancer clinical nurse specialist or
- 1227 to speak to Kathryn Chatterton, Bladder cancer enhanced recovery clinical nurse specialist
- 1712 to speak to Margaret Northover, Stoma clinical nurse specialist

Outside of normal working hours, please call Aston Key ward on **020 7188 8860** or Florence ward on **020 71882441**

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) e: pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) e: complaints2@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 e: languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 e: members@gstt.nhs.uk w: www.guysandstthomas.nhs.uk/membership

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