

The ROYAL MARSDEN

NHS Foundation Trust

GEARS: Your post surgery recovery programme

Cystectomy and Ileal Conduit patient checklist



NHS

Name

Date of surgery

We understand that undertaking cancer surgery might be a stressful period. To alleviate some of the stress on your mind and body, we recommend following the GEARS programme.

GEARS stands for:



Get up



Eat



Analgesia








Remove








Speak up






Morning of surgery

Task	Completed
 <ul style="list-style-type: none">- Remain active until your surgery	<input type="checkbox"/>
 <ul style="list-style-type: none">- No food after midnight- Only drink water until 6am; nothing after 6am- Have your third preload drink finished by 6am	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Continue regular medications as directed by your pre-assessment nurse	<input type="checkbox"/>
 <ul style="list-style-type: none">- Have a shower before coming to hospital	<input type="checkbox"/>
 <ul style="list-style-type: none">- Ask any questions you have before your surgery- Plan details for your discharge to avoid delays	<input type="checkbox"/> <input type="checkbox"/>






Immediately after your surgery

Task	Completed
 <ul style="list-style-type: none">- Deep breathing exercises throughout the day	<input type="checkbox"/>
 <ul style="list-style-type: none">- Drink sips of water; progress to clear fluids if tolerating- Have chewing gum or boiled sweets, if possible, when sufficiently awake	<input type="checkbox"/>
 <ul style="list-style-type: none">- Learn to use your Patient Controlled Analgesia (PCA)- Make your team aware if you are in pain	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Look at your new stoma to help with your recovery	<input type="checkbox"/>
 <ul style="list-style-type: none">- Raise any questions or concerns to your team	<input type="checkbox"/>






Day 1 after your surgery

Task	Completed
 <ul style="list-style-type: none">- Deep breathing exercises throughout the day- Sit out of bed twice for one hour- Walk 30 metres twice in the day	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Drink normally as tolerated- Have chewing gum or boiled sweets three times a day	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Make your team aware if you are in pain- Pain team will see you to optimise your pain relief	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Look at your new stoma several times- Watch your nurse perform a stoma bag change	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Raise any questions or concerns to your team- Continue planning your discharge (refer to SAFER discharge checklist on page 16)	<input type="checkbox"/> <input type="checkbox"/>






Day 2 after your surgery

Task	Completed
 <ul style="list-style-type: none">- Deep breathing exercises throughout the day- Sit out of bed twice for two hours- Walk 60 metres twice in the day	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Drink normally as tolerated- Progress to a light diet if tolerating fluids- Have chewing gum or boiled sweets three times a day	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Make your team aware if you are in pain- Pain team will see you to optimise your pain relief- Stop PCA and start regular oral analgesia as directed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Participate in a stoma bag change	<input type="checkbox"/>
 <ul style="list-style-type: none">- Raise any questions or concerns to your team- Continue planning your discharge (refer to SAFER discharge checklist on page 16)	<input type="checkbox"/> <input type="checkbox"/>






Day 3 after your surgery

Task	Completed
 <ul style="list-style-type: none">- Deep breathing exercises throughout the day- Sit out of bed twice for three hours- Walk 200 metres twice in the day	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Drink normally- Progress to a normal diet as tolerated- Your team will refer you to a dietitian if you are not tolerating food	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Make your team aware if you are in pain- Pain team will see you if required	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Continue to become confident with your stoma care- Some of your intravenous lines may be removed if not needed- Have a shower	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Raise any questions or concerns to your team- Continue planning your discharge (refer to SAFER discharge checklist on page 16)	<input type="checkbox"/> <input type="checkbox"/>






Day 4 after your surgery

Task	Completed
 <ul style="list-style-type: none">- Stay out of bed for most of the day- Wear your own clothes- Walk 400 metres twice in the day	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Eat normally as tolerated- Your team will refer you to a dietitian if you are not tolerating food	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Make your team aware if you are in pain- Pain team will see you if required	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Independently change your stoma bag- Have a shower	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Raise any questions or concerns to your team- Learn how to administer the Tinzaparin injections- Continue planning your discharge (refer to SAFER discharge checklist on page 16)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>






Day 5 after your surgery

Task	Completed
 <ul style="list-style-type: none">- Stay out of bed for most of the day- Wear your own clothes- Walk 400 metres twice or three times in the day	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Eat normally as tolerated	<input type="checkbox"/>
 <ul style="list-style-type: none">- Make your team aware if you are in pain- Your team will prepare your discharge medications	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Completely independent with stoma care- Your team will remove unused cannulas if not needed- Have a shower	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Raise any questions or concerns to your team- Learn how to care for your wounds- Continue planning your discharge (refer to SAFER discharge checklist on page 16)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Day 6 after your surgery

Task	Completed
 <ul style="list-style-type: none">- Mobilise freely- Wear your own clothes	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Eat normally	<input type="checkbox"/>
 <ul style="list-style-type: none">- Your team will ensure your discharge medications are ready	<input type="checkbox"/>
 <ul style="list-style-type: none">- Your team will remove any unused cannulas- Your team will remove stents in the afternoon after confirmation on the ward round- Have a shower	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Raise any questions or concerns to your team- Ensure you are confident with Tinzaparin injection administration, wound care, and stoma care- Prepare for discharge (refer to SAFER discharge checklist on page 16)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Day 7 after your surgery

Task	Completed
 <ul style="list-style-type: none">- Dress and mobilise freely in preparation for your discharge	<input type="checkbox"/>
 <ul style="list-style-type: none">- Eat normally	<input type="checkbox"/>
 <ul style="list-style-type: none">- You will have all of your medications explained to you before discharge	<input type="checkbox"/>
 <ul style="list-style-type: none">- Your team will remove all cannulas- Have a shower	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none">- Raise any questions or concerns to your team- Discharge home – SAFER discharge checklist achieved (see page 16)	<input type="checkbox"/> <input type="checkbox"/>

Frequently asked questions

When can I start driving?

You can drive as soon as you are off strong painkillers and can confidently perform an emergency stop, if in doubt please contact your insurer.

When is my next appointment?

Your discharge summary will include information on follow up appointments, duration of discharge medication and who to contact if you have questions.

How long do I continue injecting myself with Tinzaparin?

Most patients continue to use the Tinzaparin injections for 28 days post-operatively. A small group of patients will be specifically directed to use the injections for longer for clinical reasons. The team will discuss this with you directly.

If you would like a refresher on how to self-inject your Tinzaparin go to the Patient Procedures Portal at <https://patients.royalmarsden.nhs.uk>

Additional stoma care resources

- *How to Apply a Two-Piece Urostomy Pouching System with FormaFlex Skin Barrier | Hollister*
<https://www.youtube.com/watch?v=7mbWk6Ugfas>
- *How to Apply a One-Piece Urostomy Pouch | Hollister*
<https://www.youtube.com/watch?v=0jj69mVt0O8>

Stoma discharge information:

Your stoma bag model name _____

Your stoma bag order number _____

Re-order your stoma bags at _____

Your stoma nurse and contact number _____

Basic wound care

- Keep wounds clean and dry
- Cleanse in the shower
- Gently dry with a clean towel
- Avoid using soap on the wound
- Unless oozing or rubbing on clothing keep wounds exposed to allow them to heal.

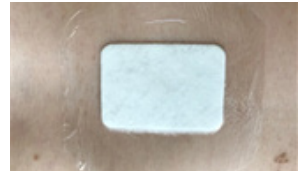
You may have skin clips or stitches. These are usually taken out between 10-14 days after surgery. Your team will give you detailed instructions and will make sure you know where to go to get this done before you leave hospital. This is sometimes done at your local GP practice.



Surgical skin clips



Removable stitches



Tegaderm dressing

Bowel function after surgery

Your stools may be loose initially and/or irregular for some months after surgery. This will settle down in time. If you are concerned and/or develop any of the following symptoms please contact your keyworker:

- blood in your stool
- you do not open your bowels for more than two days
- you do not pass wind for more than a day
- your tummy feels bloated and or tender
- you are passing frequent liquid stool.

SAFER Clinical Criteria for Discharge (discharge checklist)

1. Mobilising freely; eating and drinking adequately
2. Pain well controlled with oral analgesia
3. Independent with care for wounds and dressings, or District Nurse arranged
4. Self-administering Tinzaparin injections
5. All lines/drains removed; or plan for removal as outpatient
6. All concerns addressed, contact details given, follow up arranged

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This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from: The Royal Marsden Help Centre
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The information in this booklet is correct at the time of going to print.

Contact details

It is **very important** that if you have any concerns or problems after leaving hospital, you contact someone as soon as possible.

Your key worker:

The Royal Marsden Macmillan Hotline

020 8915 6899 (available 24 hours a day, seven days a week)

Other useful sources of patient information:

Macmillan Cancer Support

www.macmillan.org.uk

0808 808 0000 (free phone)

Macmillan provides information and support on cancer from diagnosis to treatment and beyond. A wide range of resources are also offered.

Cancer Research UK

www.cancerresearchuk.org

CRUK has a patient information website, with information on all types of cancer and treatment choices.



Radiation and
Chemotherapy Services
Preston & Poulton