

## Advice before Radical Cystectomy

1. If you are a smoker, please try to give up smoking. Or at least try to reduce the amount of smoking before the operation.
2. Please do regular exercise (walking, deep breathing exercise) before operation.
3. You should increase calorie intake **two weeks before surgery**. This is to compensate for a period of low food intake after surgery. Usually a couple of chocolate bars a day should increase your calorie intake sufficiently. During this period try to have balanced healthy diet.
4. **Two days before surgery**, you are advised to reduce the residue in your diet. Residue is more commonly known as fibre or roughage and is commonly found in wholemeal products, fruits and vegetables. See advice sheet for low residue diet.
5. Solid food, food containing milk, chewing gum must not be taken within **6 hours from surgery**. This is to ensure that you don't vomit during general anaesthetics. For example, if your surgery is scheduled for 8 o'clock next morning, do not have solid foods, milk, chewing gum from 2 o'clock in the morning. If your surgery is scheduled in the afternoon, do not have solid foods, milk, chewing gum from 6 o'clock in the morning.
6. You may drink water and clear sugar fluid like Pre-op® up to **2 hours before surgery** (ie 6 o'clock in the morning for surgery in the morning and 10 o'clock in the morning for the afternoon operations).
7. If you take **blood thinning drugs** like warfarin, heparin, apixaban or Clopedrogel please contact the surgeon as soon as possible as they

will need to be either stopped or changed to a suitable alternatives. Usually Aspirin can be continued without any issue.

8. All other **medications can be continued except diabetic medications** which must not be taken on the day of surgery except on specific instructions from the hospital.
9. You will be asked to learn how to give yourself a subcutaneous injection of Tinzaparin (4,500 units) for 28 days after operation.
10. In the morning of surgery, you will be given phosphate enema by the nurses at the hospital.