
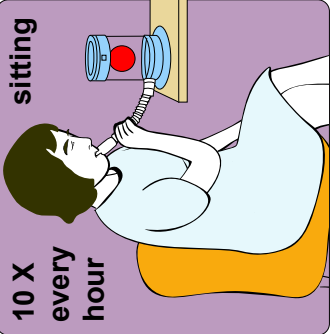

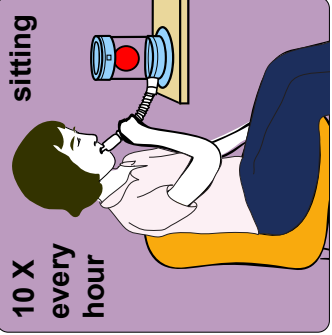
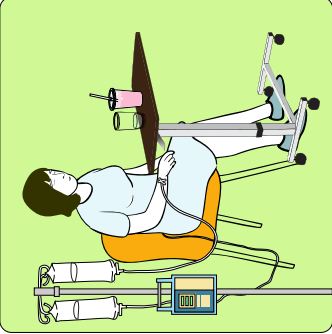
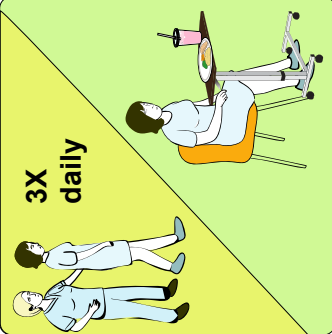
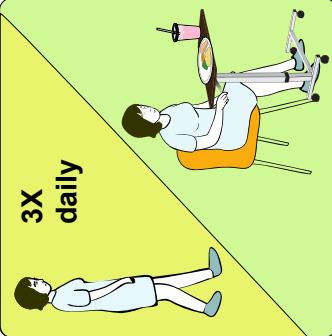
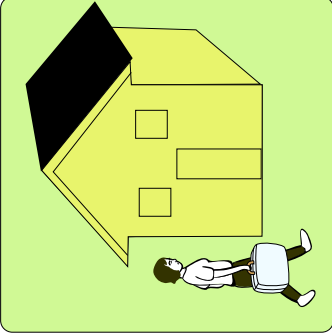
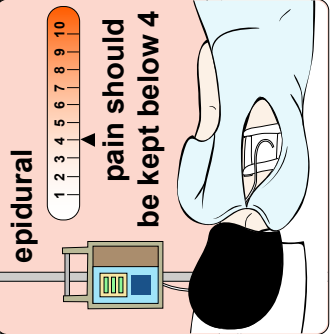
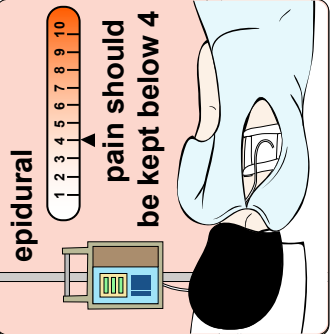


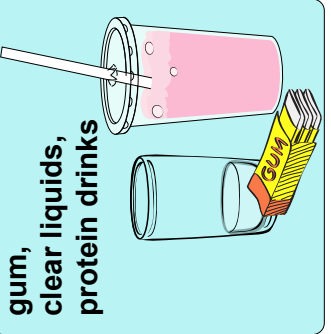
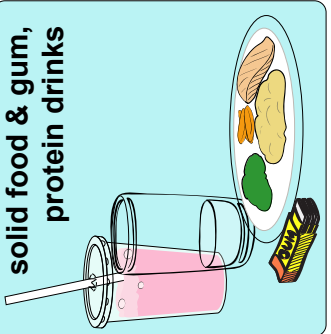
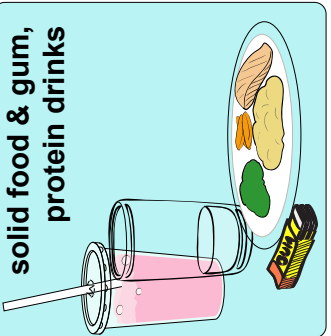
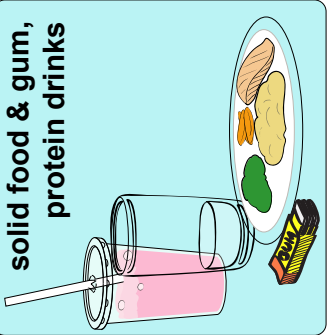


Instructions for patients going for bowel surgery (colo-rectal)

Pre-op visit	1 Day before surgery	Day of surgery	1 day after surgery	2 days after surgery	3 days after surgery
<p>I Will:</p> <ul style="list-style-type: none">-Have an ECG if I am older than 40 years-Have a chest X Ray-Have blood tests <p>Meet with a nurse who will:</p> <ul style="list-style-type: none">-Tell me how to get ready for my surgery-Tell me what to expect while I am in hospital-Give me written instructions to take home <p>Meet with a resident doctor or member of my surgeons team, who will:</p> <ul style="list-style-type: none">-Explain the operation to me-Give me a prescription for the medication that I will need to take before my surgery	<p>I Will:</p> <ul style="list-style-type: none">-Only drink clear fluids; water, jello, juice without pulp, Popsicle, clear broth, Gatorade, tea or coffee, <i>no milk or milk products</i> <div><div>OR</div></div> <p>-Eat and drink anything I wish the day before surgery</p> <p>I Will:</p> <ul style="list-style-type: none">-Take my laxative and medication (if any) as prescribed by my surgeon-Receive a phone call from the hospital to confirm the time of arrival for the surgery-Take my showers with the antibacterial soap-Stop eating and drinking at midnight unless indicated otherwise by my nurse	<p>I Will:</p> <ul style="list-style-type: none">-Take my shower with the antibacterial soap-Take my medications (if any) as prescribed by the doctor. <div><div>OR</div></div> <p>-Have nothing to eat or drink from midnight as instructed</p> <p>-Have only clear fluids in the morning.</p> <ul style="list-style-type: none">-Drink fluids including my carbohydrate drink up to 2 hours before leaving for the hospital. <i>Have no solid foods, or milk.</i> <p>At the hospital, I will meet with a nurse, who will:</p> <ul style="list-style-type: none">- Go through a checklist with me-Give me 2 enemas if ordered by my surgeon-Help me get ready for surgery (change in a hospital gown, put stockings on....)-Have my surgery; be transferred to the recovery room and then my room. <p>After the surgery I will:</p> <ul style="list-style-type: none">-Tell my nurse if my pain reaches 4/10 on the pain scale-Start my ankle exercises. <p>Once in my room I will:</p> <ul style="list-style-type: none">-With help, get up and sit in the chair for about 2 hours-Start my breathing exercises-Start drinking liquids-Chew gum for 30 minutes	<p>I Will:</p> <ul style="list-style-type: none">- Do my deep breathing and coughing exercises- Use my spirometer every hour while awake- Sit in a chair for all my meals- With assistance, get up and walk length of the hallway 3 times during the day- Be out of bed, on and off, for at least 8 hours during the day.- Tell my nurse if my pain reaches 4/10 on the pain scale- Have the urine tube that was inserted during the surgery removed so that I can urinate on my own.- Get up and walk to the bathroom to urinate (I will not use the bedpan or the urinal) <p>- Continue to drink liquids and if this goes well I will be given solid foods with 4 protein drinks to have during the day.</p> <ul style="list-style-type: none">- Chew gum for 30 minutes 3 times per day	<p>I Will:</p> <ul style="list-style-type: none">-Do my deep breathing and coughing exercises-Use my spirometer every hour while awake-With assistance, get up and walk length of the hallway 3 times during the day-Be out of my bed, on and off at least for 8 hours during the day.-Sit in the chair for all my meals-Get up and walk to the bathroom to urinate (I will not use the bedpan or the urinal)-Have the tiny tube (epidural) in my back removed-Tell my nurse if my pain reaches 4/10 on the pain scale <p>-Eat solid foods</p> <p>Continue to drink protein drinks</p> <ul style="list-style-type: none">-Continue to drink liquids-Continue to chew gum for 30 minutes 3 times per day.-Tell my nurse or doctor if I start passing gas.-Plan to go home tomorrow	<p>I Will:</p> <ul style="list-style-type: none">-Continue the same as yesterday (get up and walk, do breathing exercises, eat and drink etc)-Tell my nurse if my pain reaches 4/10 on the pain scale-Review the written discharge instructions with my nurse-Go home before lunch-Leave the hospital with a prescription for pain medication and a follow up appointment

Path to Home Guide : Bowel Surgery

	Day of Surgery	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery
Breathing exercises				
Activities				
Pain control				
Nutrition				
Tubes & lines	