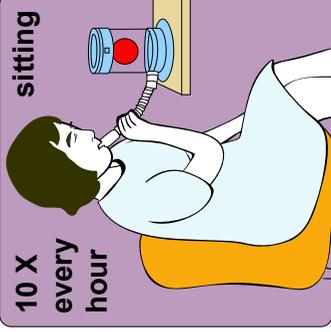
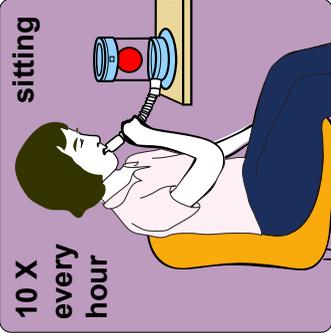
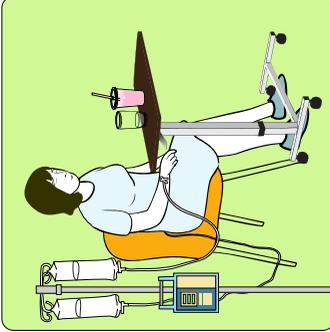
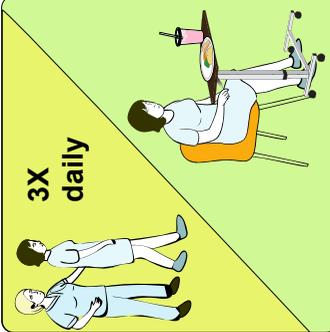
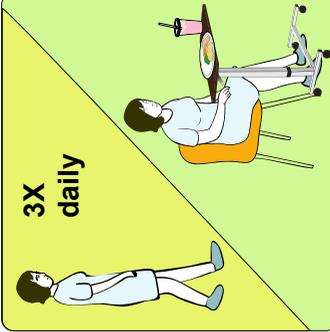
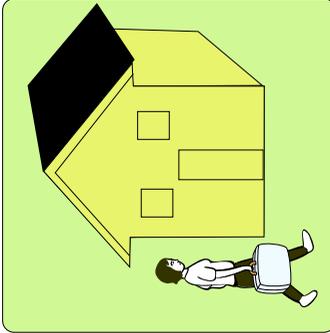
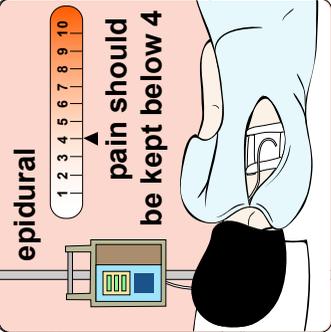
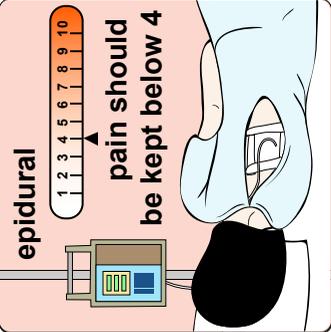
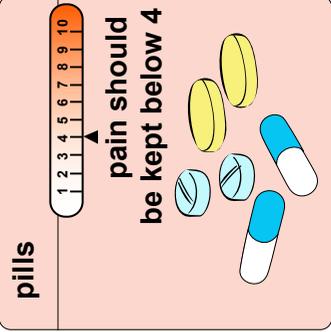
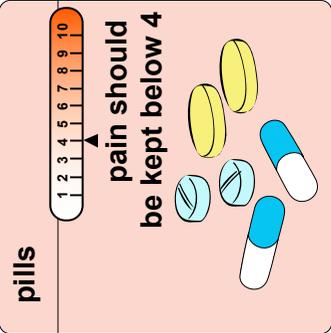
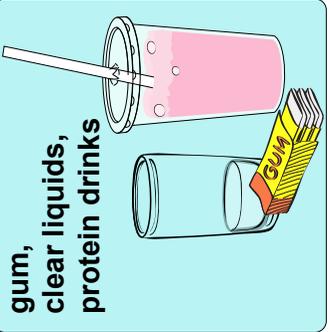
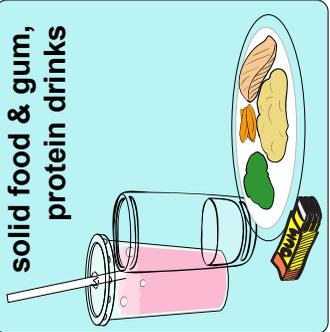
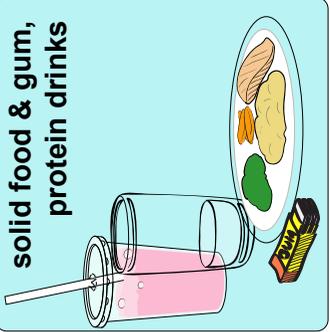
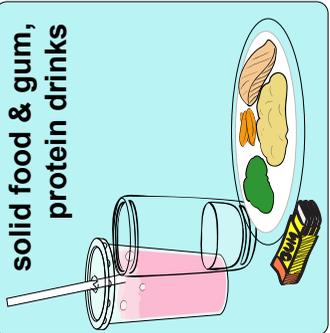
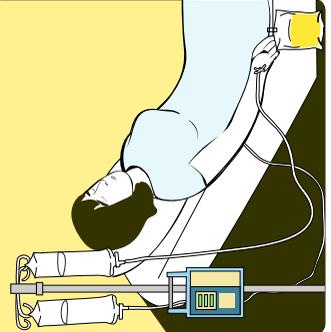
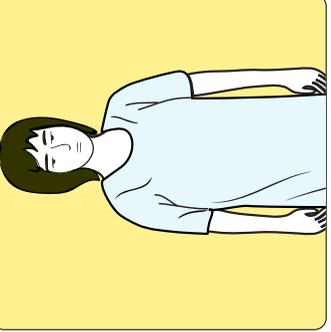
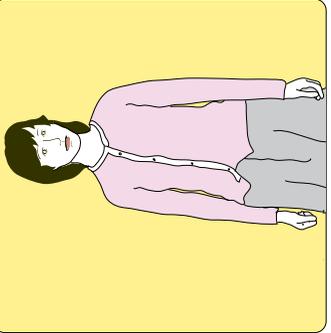


# Instructions for patients going for bowel surgery (colo-rectal)

Pre-op visit	1 Day before surgery	Day of surgery	1 day after surgery	2 days after surgery	3 days after surgery
<p><b>I Will:</b></p> <ul style="list-style-type: none"> <li>-Have an ECG if I am older than 50 years</li> <li>-Have blood tests</li> </ul> <p><b>Meet with a nurse who will:</b></p> <ul style="list-style-type: none"> <li>-Tell me how to get ready for my surgery</li> <li>-Tell me what to expect while I am in hospital</li> <li>-Give me written instructions to take home</li> </ul> <p><b>Meet with a resident doctor or member of my surgeons team, who will:</b></p> <ul style="list-style-type: none"> <li>-Explain the operation to me</li> <li>-Give me a prescription for the medication that I will need to take before my surgery</li> </ul>	<p><b>I Will:</b></p> <ul style="list-style-type: none"> <li>-Only drink clear fluids; water, jello, juice without pulp, Popsicle, clear broth, Gatorade, tea or coffee, <i>no milk or milk products</i></li> </ul> <p style="text-align: center;">————— <b>OR</b> —————</p> <ul style="list-style-type: none"> <li>-Eat and drink anything I wish the day before surgery</li> </ul> <p><b>I Will:</b></p> <ul style="list-style-type: none"> <li>-Take my laxative and medication (if any) as prescribed by my surgeon</li> <li>-Receive a phone call from the hospital to confirm the time of arrival for the surgery</li> <li>-Take my showers with the antibacterial soap</li> <li>-Stop eating and drinking at midnight unless indicated otherwise by my nurse</li> </ul>	<p><b>I Will:</b></p> <ul style="list-style-type: none"> <li>-Take my shower with the antibacterial soap</li> <li>-Take my medications (if any) as prescribed by the doctor.</li> </ul> <p style="text-align: center;">————— <b>OR</b> —————</p> <ul style="list-style-type: none"> <li>-Have nothing to eat or drink from midnight as instructed</li> <li>-Have only clear fluids in the morning.</li> <li>-Drink fluids including my carbohydrate drink up to 2 hours before leaving for the hospital. <i>Have no solid foods, or milk.</i></li> </ul> <p><b>At the hospital, I will meet with a nurse, who will:</b></p> <ul style="list-style-type: none"> <li>- Go through a checklist with me</li> <li>-Give me 2 enemas if ordered by my surgeon</li> <li>-Help me get ready for surgery (change in a hospital gown, put stockings on....)</li> <li>-Have my surgery; be transferred to the recovery room and then my room.</li> </ul> <p><b>After the surgery I will:</b></p> <ul style="list-style-type: none"> <li>-Tell my nurse if my pain reaches 4/10 on the pain scale</li> <li>-Start my ankle exercises.</li> </ul> <p><b>Once in my room I will:</b></p> <ul style="list-style-type: none"> <li>-With help, get up and sit in the chair for about 2 hours</li> <li>-Start my breathing exercises</li> <li>-Start drinking liquids</li> <li>-Chew gum for 30 minutes</li> </ul>	<p><b>I Will:</b></p> <ul style="list-style-type: none"> <li>- Do my deep breathing and coughing exercises</li> <li>- Use my spirometer every hour while awake</li> <li>- Sit in a chair for all my meals</li> <li>- With assistance, get up and walk length of the hallway 3 times during the day</li> <li>- Be out of bed, on and off, for at least 8 hours during the day.</li> <li>- Tell my nurse if my pain reaches 4/10 on the pain scale</li> <li>- Have the urine tube that was inserted during the surgery removed so that I can urinate on my own.</li> <li>- Get up and walk to the bathroom to urinate (I will not use the bedpan or the urinal)</li> </ul> <ul style="list-style-type: none"> <li>- Continue to drink liquids and if this goes well I will be given solid foods with 4 protein drinks to have during the day.</li> <li>- Chew gum for 30 minutes 3 times per day</li> </ul>	<p><b>I Will:</b></p> <ul style="list-style-type: none"> <li>-Do my deep breathing and coughing exercises</li> <li>-Use my spirometer every hour while awake</li> <li>-With assistance, get up and walk length of the hallway 3 times during the day</li> <li>-Be out of my bed, on and off at least for 8 hours during the day.</li> <li>-Sit in the chair for all my meals</li> <li>-Get up and walk to the bathroom to urinate (I will not use the bedpan or the urinal)</li> <li>-Have the tiny tube (epidural) in my back removed</li> <li>-Tell my nurse if my pain reaches 4/10 on the pain scale</li> </ul> <ul style="list-style-type: none"> <li>-Eat solid foods</li> <li>Continue to drink protein drinks</li> <li>-Continue to drink liquids</li> <li>-Continue to chew gum for 30 minutes 3 times per day.</li> <li>-Tell my nurse or doctor if I start passing gas.</li> <li>-Plan to go home tomorrow</li> </ul>	<p><b>I Will:</b></p> <ul style="list-style-type: none"> <li>-Continue the same as yesterday (get up and walk, do breathing exercises, eat and drink etc)</li> <li>-Tell my nurse if my pain reaches 4/10 on the pain scale</li> <li>-Review the written discharge instructions with my nurse</li> <li>-Go home before lunch</li> <li>-Leave the hospital with a prescription for pain medication and a follow up appointment</li> </ul>

# 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				



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