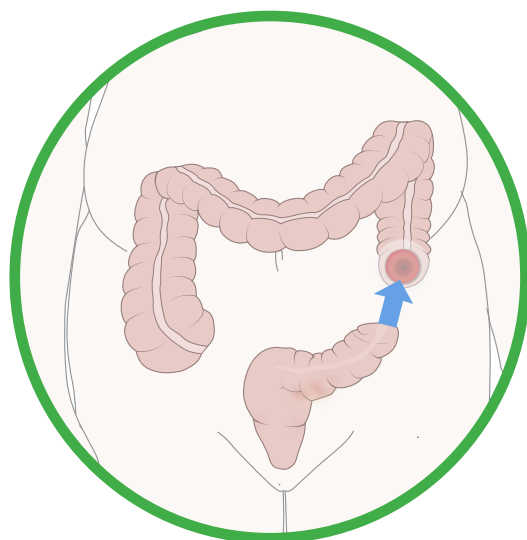


# Path to Home Guide: Bowel Surgery



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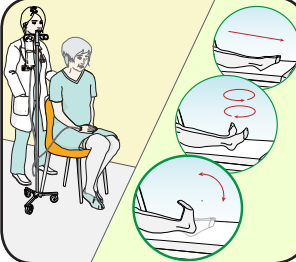
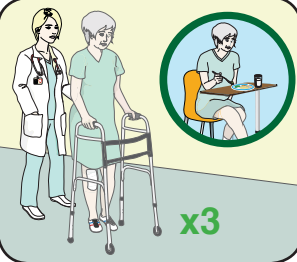
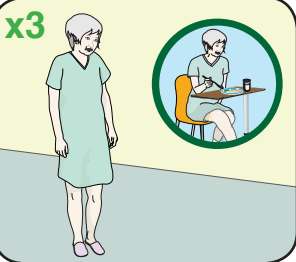

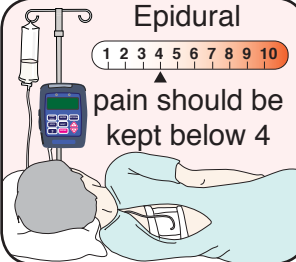
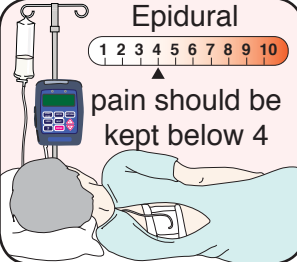


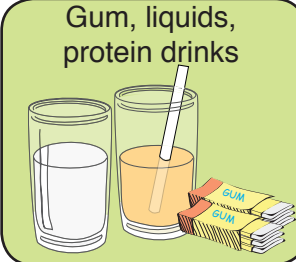
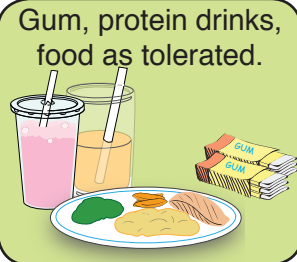
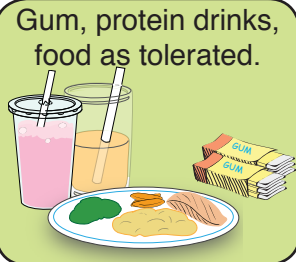
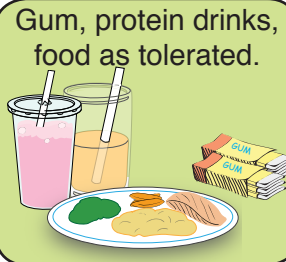
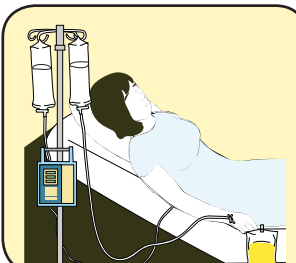



Bureau d'éducation des patients  
Patient Education Office

**PRET SURE**  
Parcours de rétablissement chirurgical du CUSM  
MUHC Surgery Recovery Program



This material is also available through the  
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	DAY of SURGERY	1 DAY AFTER SURGERY	2 DAYS AFTER SURGERY	3 DAYS AFTER SURGERY
Breathing Exercises	10 X every hour sitting 	10 X every hour sitting 	10 X every hour sitting 	10 X every hour sitting 
Activities			x3 	
Pain Control	Epidural 1 2 3 4 5 6 7 8 9 10 pain should be kept below 4 	Epidural 1 2 3 4 5 6 7 8 9 10 pain should be kept below 4 	Pills  1 2 3 4 5 6 7 8 9 10 pain should be kept below 4	Pills  1 2 3 4 5 6 7 8 9 10 pain should be kept below 4
Nutrition	Gum, liquids, protein drinks 	Gum, protein drinks, food as tolerated. 	Gum, protein drinks, food as tolerated. 	Gum, protein drinks, food as tolerated. 
Tubes & Drains				

Path to Home Guide: Bowel Surgery

	Day of surgery	1 Day after Surgery	2 Days after Surgery	3 Days after Surgery
Breathing Exercises	<ul style="list-style-type: none"><li>Do breathing exercises</li></ul>	<ul style="list-style-type: none"><li>Do breathing exercises</li></ul>	<ul style="list-style-type: none"><li>Do breathing exercises</li></ul>	<ul style="list-style-type: none"><li>Do breathing exercises</li></ul>
Activities	<ul style="list-style-type: none"><li>Do leg exercises</li><li>Sit in a chair with help</li></ul>	<ul style="list-style-type: none"><li>Sit in a chair for meals</li><li>Walk in the hallway 3 times, with help</li><li>Be out of bed for a total of 6 hours</li></ul>	<ul style="list-style-type: none"><li>Sit in a chair for meals</li><li>Walk in the hallway 3 times</li><li>Be out of bed for a total of 6 hours</li></ul>	<ul style="list-style-type: none"><li>Sit in a chair for meals</li><li>Be out of bed for a total of 6 hours</li><li>Go home today</li></ul>
Pain Control	<ul style="list-style-type: none"><li>May have an epidural infusion for pain</li><li>Tell my nurse if pain reaches 4/10 on the pain scale</li></ul>	<ul style="list-style-type: none"><li>May have an epidural infusion for pain</li><li>Tell my nurse if pain reaches 4/10 on the pain scale</li></ul>	<ul style="list-style-type: none"><li>Start taking pills for pain</li><li>Have epidural catheter removed if my pain is controlled</li><li>Tell my nurse if pain reaches 4/10 on the pain scale</li></ul>	<ul style="list-style-type: none"><li>Tell my nurse if pain reaches 4/10 on the pain scale</li></ul>
Nutrition	<ul style="list-style-type: none"><li>Drink liquids and protein drinks as tolerated</li><li>Chew gum for 30 minutes</li></ul>	<ul style="list-style-type: none"><li>Drink liquids, including protein drinks</li><li>Eat regular food as tolerated</li><li>Chew gum for 30 minutes, 3 times/day</li></ul>	<ul style="list-style-type: none"><li>Drink liquids, including protein drinks</li><li>Eat regular food as tolerated</li><li>Chew gum for 30 minutes, 3 times/day</li></ul>	<ul style="list-style-type: none"><li>Drink liquids, including protein drinks</li><li>Eat regular food as tolerated</li><li>Chew gum for 30 minutes, 3 times/day</li></ul>
Tubes & Lines	<p>I may have:</p> <ul style="list-style-type: none"><li>Oxygen mask or prongs (removed today)</li><li>Intravenous line</li><li>Epidural catheter</li><li>Urinary catheter</li></ul>	<ul style="list-style-type: none"><li>My urinary catheter may be removed today</li><li>My intravenous line will be removed when I am drinking well</li></ul>	<ul style="list-style-type: none"><li>My urinary catheter will be removed today, if it wasn't removed yesterday</li><li>My intravenous line will be removed when I am drinking well</li><li>My epidural catheter will be removed and my pain will be managed with pills</li></ul>	<ul style="list-style-type: none"><li>None</li></ul>