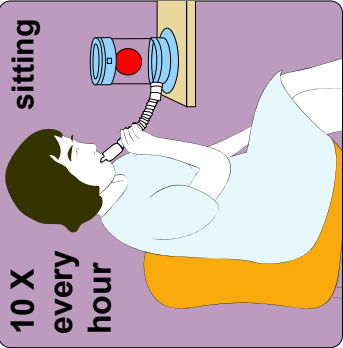
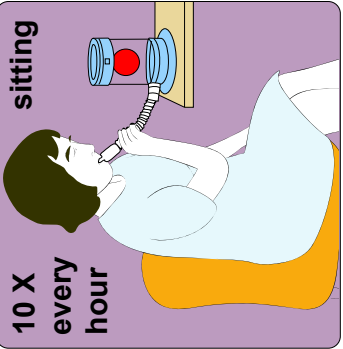
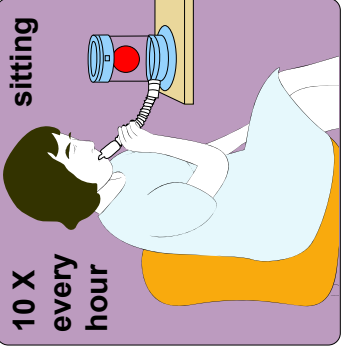
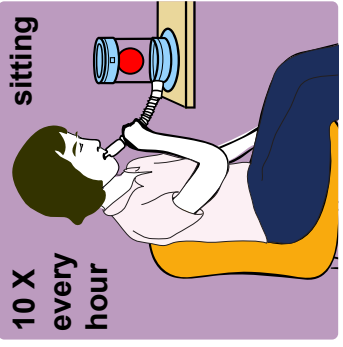
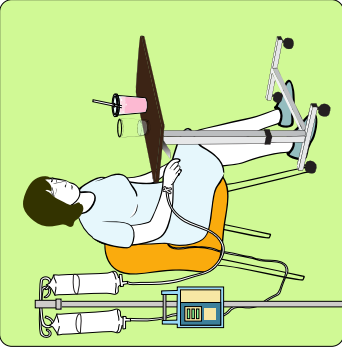
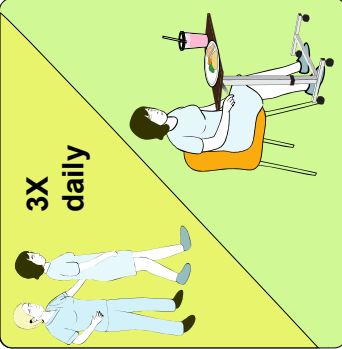
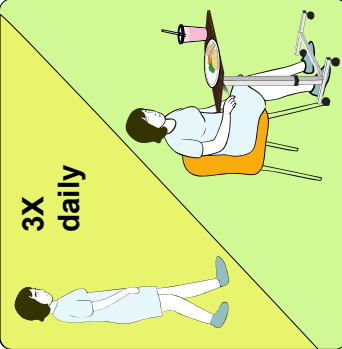
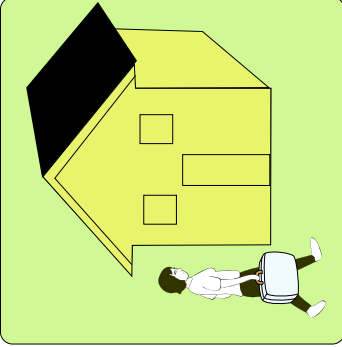
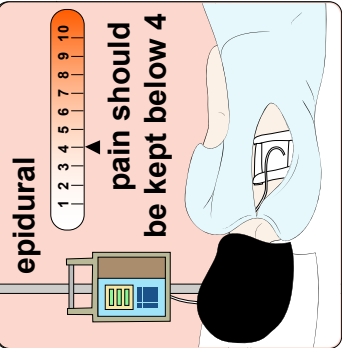
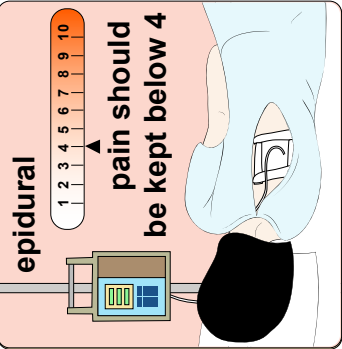
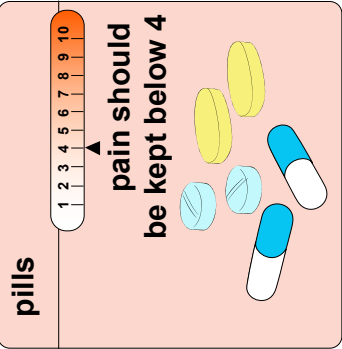
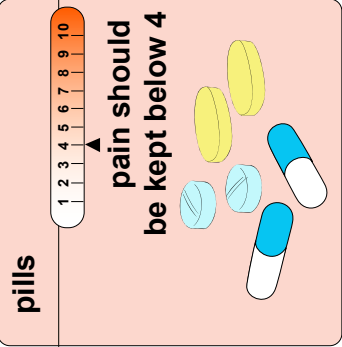
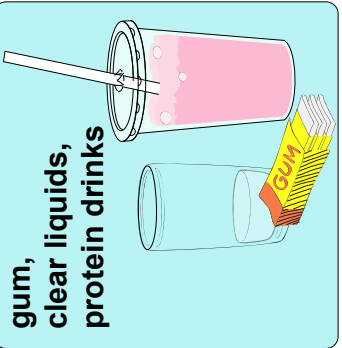

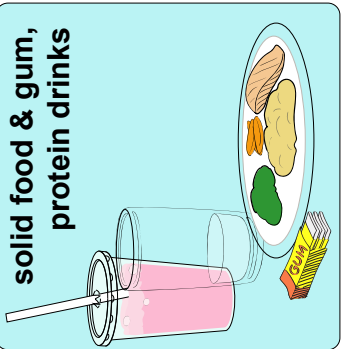
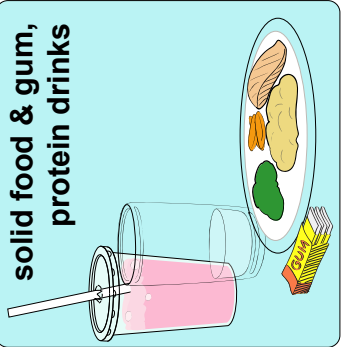


Instructions for patients going for bowel surgery (colo-rectal)

Pre-op visit	2 days before surgery	Day of surgery	1 day after surgery	2 days after surgery	3 days after surgery
I Will: <ul style="list-style-type: none">-Have an ECG if I am a female over 50 years or male over 40 years-Have blood tests Meet with a nurse who will: <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 Meet with a doctor, who will: <ul style="list-style-type: none">-Explain the surgery to me-Tell me which medications that I will need to take before my surgery-Refer me to another doctor if I have other medical problems	I Will: <ul style="list-style-type: none">-Receive a phone call from the hospital to confirm the time of arrival for my surgery	I Will: <ul style="list-style-type: none">-Take my shower with the sponge-Take my medications (if any) as prescribed by the doctor-Have nothing to eat or drink after midnight <div><div>OR</div></div> <ul style="list-style-type: none">-Have only clear fluids in the morning-Drink a carbohydrate drink up to 2 hours before expected arrival time at the hospital-Have no solid foods, or milk-Have no diet drinks	I Will: <ul style="list-style-type: none">-Do my deep breathing and coughing exercises-Use my spirometer 10 times every hour while awake-Sit in a chair for all meal times-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 is greater than 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) <ul style="list-style-type: none">-Continue to drink liquids and protein drinks-Chew gum for 30 minutes 3 times per day	I Will: <ul style="list-style-type: none">-Do my deep breathing and coughing exercises-Use my spirometer 10 times 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)-Tell my nurse if my pain is greater than 4/10 on the pain scale <ul style="list-style-type: none">-Eat solid foods-Continue to drink protein drinks-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	I Will: <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 is greater than 4/10 on the pain scale-Review the written discharge instructions with my nurse-Go home before 10 am-Leave the hospital with a prescription for pain medication and a follow up appointment
	1 day before surgery				
	I Will: <ul style="list-style-type: none">-Only drink clear fluids; water, jello, juice without pulp, Popsicle, clear broth, Gatorade, tea or coffee.-No milk or milk products-No solid food <div><div>OR</div></div> <ul style="list-style-type: none">-Eat and drink anything I want the day before surgery I Will: <ul style="list-style-type: none">-Take my laxative/enema and medication (if any) as prescribed by my surgeon-Take my showers with the sponge-Stop eating and drinking at midnight unless indicated otherwise by my nurse	At the hospital, I will meet with a nurse, who will: <ul style="list-style-type: none">-Go through a checklist with me-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 After the surgery I will: <ul style="list-style-type: none">-Tell my nurse if my pain is greater than 4/10 on the pain scale-Start my leg exercises Once in my room I will: <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			
I, <div></div> commit to this pathway.					

Path to Home Guide : Bowel Surgery

	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	 3X daily	 3X daily	 3X daily	
Pain control	 epidural pain should be kept below 4	 epidural pain should be kept below 4	 pills pain should be kept below 4	 pills pain should be kept below 4
Nutrition	 gum, clear liquids, protein drinks	 gum, clear liquids, protein drinks	 solid food & gum, protein drinks	 solid food & gum, protein drinks
Tubes & lines	