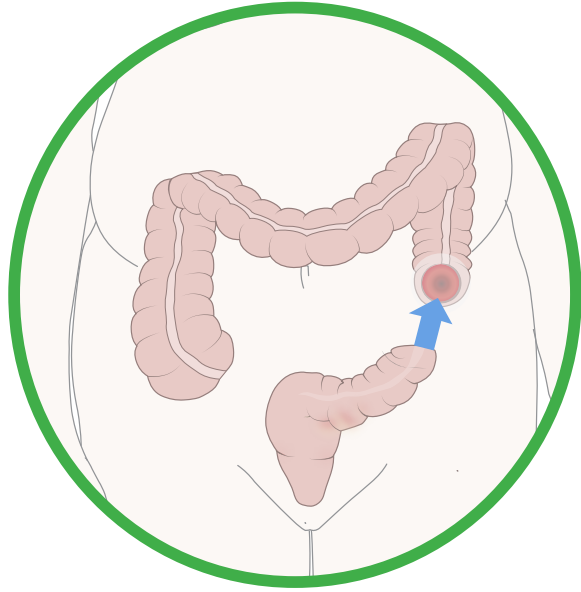


Path to Home Guide: Bowel Surgery



Centre universitaire
de santé McGill



McGill University
Health Centre

Office d'éducation des patients
Patient Education Office

Centre de santé et de services sociaux
de l'Ouest-de-l'Île
West Island
Health and Social Services Centre

We would like to thank the MUHC Surgery Recovery Program for permission to adapt their model and content for this booklet.



This material is also available
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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				
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				

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

IMPORTANT! PLEASE READ

Information provided by this document is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

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