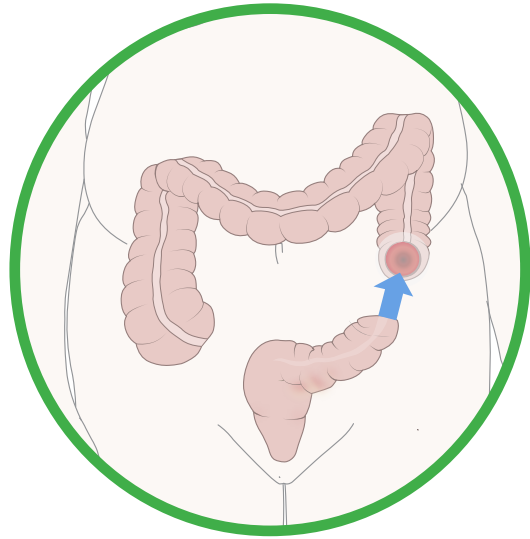


Path to Home Guide: Bowel Surgery



Hôpital général juif
Jewish General Hospital



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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, solid food as tolerated 	Gum, protein drinks, solid food as tolerated 	Gum, protein drinks, regular 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 8 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 8 hours 	<ul style="list-style-type: none"> Sit in a chair for meals Be out of bed for a total of 8 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 solid food as tolerated Chew gum for 30 minutes, 3 times/day 	<ul style="list-style-type: none"> Drink liquids, including protein drinks Eat solid 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 fluid may be stopped today 	<ul style="list-style-type: none"> My urinary catheter will be removed today, if it wasn't removed yesterday My intravenous fluid will be stopped today My epidural catheter will be removed and my pain will be managed with pills 	<ul style="list-style-type: none"> None