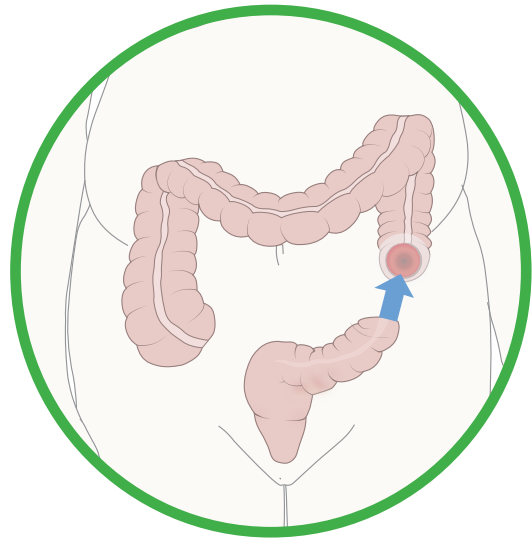


Path to Home Guide: Bowel Surgery



GBMC



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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			x5	
Pain Control	Epidural/Block 1 2 3 4 5 6 7 8 9 10 pain should be kept below 4	Epidural/Block 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 5 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 5 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"> Urinary catheter may be removed today Intravenous fluid may be stopped today 	<ul style="list-style-type: none"> Urinary catheter will be removed today, if it wasn't removed yesterday Intravenous fluid may be stopped today Epidural catheter will be removed and my pain will be managed with pills 	<ul style="list-style-type: none"> None