Help Avoid Re-admission
- Make a follow-up appointment with your surgeon
- If you have an ostomy, arrange follow-up appointment with ostomy nurse
- Continue to walk as much as possible
- Drink plenty of fluids
- Eat small meals

Call your surgical provider for:
- Fever higher than 101.5
- Increasing pain that is not controlled by pain medication
- Vomiting or inability to keep liquids down
- No passage of gas or stool for 24 hours
- Frequent or watery diarrhea
- Redness or drainage from your incision

Ileostomy or Colostomy Information

If you have an ileostomy:
- Empty pouch when it is 1/3-1/2 full
- Change pouch every 3-4 days
- Avoid dehydration by drinking 10-12 eight (8) ounce glasses of fluid per day, unless you have been told to restrict fluid intake due to a medical problem
- Measure your stool output as instructed by the hospital staff
- If you have 1200 mL (1.2 liters) or more of stool over 24 hours, notify your surgeon
- Eat a well-balanced diet
- You may want to avoid certain foods such as broccoli, cauliflower and garlic that can cause more odor or gas

If you have a colostomy:
- Empty pouch when it is 1/3-1/2 full
- Change pouch every 3-4 days or as needed
- Avoid dehydration and hard stools by drinking plenty of fluids
  - Drink at least 8 eight (8) ounce glasses of fluid per day, unless you have been told to restrict fluid intake
  - Eat a well-balanced diet
  - You may want to avoid certain foods such as broccoli, cauliflower and garlic that can cause more odor or gas

Colon Surgery
A Checklist for Patients
Get Ready for Surgery
Like an athlete in training, you can prepare for an easier recovery by planning ahead.

- Schedule your pre-operative physical
  - If applicable schedule:
    - Blood work
    - EKG
    - Consultation with specialist
    - Appointment with pre-admission testing center
    - Ostomy nurse consultation
- Choose your coach who will go with you to the hospital
- Purchase the following:
  - Apple juice, 16 ounces or other beverage as directed
  - Chewing gum
  - Soap or antiseptic agent i.e. Chlorhexidine as directed
- If you have diabetes, plan on checking your blood sugar levels more often
- Expect several calls from the hospital to verify your insurance and your medical history

Day before Surgery
- Follow bowel preparation instructions from your surgical provider, if applicable
- Drink plenty of fluids
- Verify your arrival time with the hospital

Night before Surgery
- Shower with soap or antiseptic agent
- No solid food after midnight
- Brush, floss your teeth and use mouthwash
- Refer to the surgical handbook regarding fluids before surgery

Day of Surgery
- Shower with soap or antiseptic agent
- Brush, floss your teeth and use mouthwash
- Take your medications as directed
- Drink 16 ounces of apple juice, or other beverage as directed, one hour before your arrival at the hospital

Bring the following to the hospital:
- A form of legal identification
- Insurance card(s)
- CPAP mask and settings, if applicable

Go to the preadmission area to get ready for your surgery.

During Hospitalization
- Drink fluids
- Eat all your meals in a chair
- Walk as much as possible
- Use your incentive spirometer
- Cough and breathe deeply
- Brush your teeth and use mouthwash

Day of Discharge
- Have your coach with you at discharge