

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

Call 911 or go to the nearest emergency department for:

- Sudden shortness of breath
- Chest Pain
- Dizziness or fainting when standing
- Arm or lower leg pain, swelling or redness
- Bleeding from stoma into pouch

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 1200mL (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

