

Colorectal Surgery Recovery

Pathway: 2-Day Hospital Stay

Surgery date: _____

Expected discharge date: _____

These are goals for your recovery. **Your recovery may not follow this pathway exactly.** Your care team will help you know what to expect. Read your surgery guide to learn more.

It's helpful to use your Goals to Discharge Checklist to track your recovery. We'll send the checklist to your MSK MyChart account. To learn more, read *Frequently Asked Questions About the Goals to Discharge Checklist*. You can find it at www.msk.org/pe/goals-discharge-checklist or ask for a printed copy.

The day of your surgery

What to do

- Use your incentive spirometer 10 times every hour you're awake.
- Do coughing and deep breathing exercises.
- Move from your bed to your chair. A staff member will help you.
- Walk with help from your physical therapist or nurse.

Tubes and drains to expect

- You will have a urinary (Foley) catheter.

Medicines to expect

- Pain medicine, as needed.
- Nausea medicine, as needed.

What to eat and drink

- Follow a clear liquid diet.

1 day after your surgery

What to do

- Plan your discharge with your caregiver and nurse or case manager.
- Make sure you have a ride home.
- Use your incentive spirometer 10 times every hour you're awake.
- Do coughing and deep breathing exercises.
- Sit in your chair for longer than yesterday.
- Walk 4 or more times.

Tubes and drains to expect

- Your care team will take out your urinary catheter.

Medicines to expect

- Some of your usual medicines. Your care team will give you more information.
- Pain medicine, as needed.

What to eat and drink

- Slowly start eating solid foods.

Notes _____
