

Colon Resection Pathway: 4-Day Hospital Stay

Surgery date: _____
Expected discharge date: _____

These are goals for your recovery. Your experience may not follow this pathway exactly. Your doctor or nurse will tell you what to expect. Read your *About Your Colon Resection Surgery* guide for more information.

	Before Surgery	Day of Surgery	1 Day After Surgery
What should I do?	<ul style="list-style-type: none"> Follow the instructions in your <i>About Your Colon Resection Surgery</i> guide. Exercise for 30 minutes every day. Plan your ride home after surgery. Make sure someone can pick you up before 11:00 AM on your expected discharge date. <p>The night before surgery:</p> <ul style="list-style-type: none"> Wash with Hibiclens®. 	<p>The morning before surgery:</p> <ul style="list-style-type: none"> Wash with Hibiclens. <p>After surgery:</p> <ul style="list-style-type: none"> Use your incentive spirometer 10 times each 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. 	<ul style="list-style-type: none"> Use your incentive spirometer 10 times each hour you're awake. Do coughing and deep breathing exercises. Sit in your chair for longer than you did yesterday. Walk 4 or more times. Start planning your discharge with your caregiver and nurse or case manager.
What tests, procedures, and medical devices should I expect?	<p>Presurgical testing (PST) appointment:</p> <ul style="list-style-type: none"> Bring a list of all medications you take. Your nurse practitioner may order more tests or appointments. 	<ul style="list-style-type: none"> An epidural catheter may be placed before surgery. A urinary (Foley®) catheter will be placed during surgery. 	<ul style="list-style-type: none"> You may have an epidural catheter. You will have a urinary catheter.
What medications should I expect?	<p>The day before surgery:</p> <ul style="list-style-type: none"> Do a bowel preparation with antibiotics (if you were told to). 	<p>The morning before surgery:</p> <ul style="list-style-type: none"> Take only the medications you were told to take. Take them with a small sip of water. <p>After surgery, you will get:</p> <ul style="list-style-type: none"> Epidural or oral pain medication (as needed). Nausea medication (as needed). 	<ul style="list-style-type: none"> Some of your usual medications. Your healthcare team will give you more information. Epidural or oral pain medication (as needed).
What can I eat and drink?	<p>The day before surgery:</p> <ul style="list-style-type: none"> Follow a clear liquid diet. Don't drink anything after midnight. 	<p>Before surgery:</p> <ul style="list-style-type: none"> If you were told to use ClearFast®, drink it 2 hours before your scheduled arrival time. Don't drink anything else. Follow any other instructions your healthcare team gives you. <p>After surgery:</p> <ul style="list-style-type: none"> Follow a clear liquid diet. 	<ul style="list-style-type: none"> Slowly start eating solid foods.

	2 Days After Surgery	3 Days After Surgery	4 Days After Surgery (Day of Discharge)
What should I do?	<ul style="list-style-type: none"> • Use your incentive spirometer 10 times each hour you're awake. • Do coughing and deep breathing exercises. • Walk more than you did yesterday. 	<ul style="list-style-type: none"> • Finish planning your discharge with your caregiver and nurse or case manager. • Make sure you have a ride home. • Use your incentive spirometer 10 times each hour you're awake. • Do coughing and deep breathing exercises. • Walk more than you did yesterday. 	<ul style="list-style-type: none"> • Plan to leave the hospital by 11:00 AM. • If your ride isn't ready when you're discharged, you may move to the discharge lounge while you wait. Ask your nurse for more information. • Follow the instructions in your <i>About Your Colon Resection Surgery</i> guide. • Walk more than you did yesterday. • It's normal to be more tired than usual. • Don't drive until your doctor tells you it's okay. • Don't lift more than 10 pounds (4.5 kilograms) for at least 6 weeks. • Call your doctor's office if you have any questions or concerns.
What tests, procedures, and medical devices should I expect?	<ul style="list-style-type: none"> • You may have an epidural catheter. • Your urinary catheter will be removed. 	<ul style="list-style-type: none"> • If you have an epidural catheter, it will be removed. 	<ul style="list-style-type: none"> • Your nurse will give you discharge instructions and review your medications. • If a nurse will be visiting you at home, your case manager will give you information about the nursing agency.
What medications should I expect?	<ul style="list-style-type: none"> • Your usual medications. • Epidural or oral pain medication (as needed). 	<ul style="list-style-type: none"> • Your usual medications. • Oral pain medication (as needed). 	<ul style="list-style-type: none"> • Your usual medications. • Your doctor will give you prescriptions for pain medication and a stool softener.
What can I eat and drink?	<ul style="list-style-type: none"> • Eat solid foods. 	<ul style="list-style-type: none"> • Eat solid foods. 	<ul style="list-style-type: none"> • Follow your healthcare team's instructions.

Notes _____
