

Colorectal Surgery 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 surgery guide for more information.

It's helpful to use your Goals to Discharge Checklist to track your recovery. We'll send the checklist to your MyMSK account. For more information, read the resource *How to use Your MyMSK Goals to Discharge Checklist* (www.mskcc.org/pe/goals_discharge_checklist).

	Before Surgery	Day of Surgery	1 Day After Surgery
What should I do?	<ul style="list-style-type: none"> Follow the instructions in your surgery 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 surgery 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 _____
