

Colorectal Surgery Pathway: 1-Night 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 it to your MyMSK account. For more information, read *Frequently Asked Questions About the MyMSK Goals to Discharge Checklist* (www.mskcc.org/pe/goals_discharge_checklist).

	Before Surgery	Day of Surgery (Morning Before 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 a.m. on your expected discharge date. <p>The night before surgery:</p> <ul style="list-style-type: none"> Wash with Hibiclens®. 	<ul style="list-style-type: none"> Wash with Hibiclens.
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"> You'll get a nerve block to help manage pain after surgery. A urinary (Foley) catheter will be placed during surgery.
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). 	<ul style="list-style-type: none"> Take only the medications you were told to take. Take them with a small sip of water.
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. 	<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.

	Day of Surgery (After Surgery)	1 Day 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 4 or more times. • Plan your discharge with your caregiver and nurse or case manager. • Make sure you have a ride home. 	<ul style="list-style-type: none"> • Plan to leave the hospital by 11 a.m. • 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 OK. • 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"> • Your urinary catheter 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"> • Some of your usual medications. Your healthcare team will give you more information. • Pain medication (as needed). • Nausea medication (as needed). 	<ul style="list-style-type: none"> • Follow your healthcare team's instructions. • Your doctor may give you prescriptions for pain medication and a stool softener.
What can I eat and drink?	<ul style="list-style-type: none"> • Slowly start eating solid foods. 	<ul style="list-style-type: none"> • Follow your healthcare team's instructions.

Notes _____
