

# Colorectal Surgery Recovery

## Pathway: 1-Night 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](http://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.
- Walk 4 or more times.
- Plan your discharge with your caregiver and nurse or case manager.
- Make sure you have a ride home.

#### Tubes and drains to expect

- Your care team will take out your urinary (Foley) catheter.

#### Medicines to expect

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

#### What to eat and drink

- Slowly start eating solid foods.

### 1 day after your surgery (day of discharge)

#### What to do

- 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.
- Your nurse will give you discharge instructions and review your medicines with you.
- If a nurse will be visiting you at home, your case manager will give you information about the nursing agency.

#### Medicines to expect

- Your care team will tell you what to expect. Follow their instructions.
- Your doctor may give you prescriptions for pain medicine and a stool softener.

#### What to eat and drink

- Follow your care team's instructions.

### At home (after you're discharged)

- Follow the instructions in your surgery guide.
- Walk more than you did yesterday.
- It's normal to be more tired than usual.
- Do not drive until your doctor tells you it's OK.
- Do not 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.