

Low Anterior Resection Pathway

Every person is different; your experience may not follow this pathway exactly. Your doctor or nurse will tell you what to expect.

Open	Before Surgery	Day of Surgery	1 Day After Surgery	2 Days After Surgery
What tests, procedures, and medical devices should I expect?	<ul style="list-style-type: none"> • Presurgical testing appointment <ul style="list-style-type: none"> ○ Bring a list of all medications you take with you ○ Bring results from tests done outside of MSK ○ Your nurse practitioner may order additional tests or doctor visits 	<ul style="list-style-type: none"> • IV started • Epidural catheter for pain • Urinary catheter (Foley®) to drain your bladder • Compression boots on your legs for circulation • Drain(s) 	<ul style="list-style-type: none"> • Compression boots on your legs when not you're not walking • Urinary catheter • Epidural catheter • Drain(s) • IV • Blood tests 	<ul style="list-style-type: none"> • Compression boots on your legs when not you're not walking • Epidural catheter • IV • Drain(s) • Blood tests • Urinary catheter will be removed
What medications will I take?	<ul style="list-style-type: none"> • Stop taking blood thinners, including aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs), and herbal supplements as directed by your healthcare team • Bowel prep, including antibiotics 	<ul style="list-style-type: none"> • While you're at home, take only the medications your healthcare team has told you to take with a small sip of water • In the hospital you will receive medication to help prevent pain and nausea and antibiotics 	<ul style="list-style-type: none"> • Pain medication • Medication for nausea • Blood thinner (shot) 	<ul style="list-style-type: none"> • Pain medication • Blood thinner (shot)
What can I eat and drink?	<ul style="list-style-type: none"> • Follow a clear liquid diet the day before your surgery • Do not eat or drink anything after midnight the night before surgery 	<ul style="list-style-type: none"> • Drink Clearfast® drink 2 hours before your scheduled arrival time • After surgery, drink clear liquids as tolerated 	<ul style="list-style-type: none"> • Regular diet as tolerated • You may chew gum 	<ul style="list-style-type: none"> • Regular diet • You may chew gum
What should I do?	<ul style="list-style-type: none"> • Wash with Hibiclens® cleanser as instructed • Practice using your incentive spirometer • Review the instructions in your <i>About Your Low Anterior Resection</i> folder 	<ul style="list-style-type: none"> • Before you leave for the hospital, wash with Hibiclens cleanser as instructed • After surgery, use your incentive spirometer • Stand, sit in a chair, and walk 	<ul style="list-style-type: none"> • Use your incentive spirometer • Walk at least 4 times a day • Start learning how to care for your ostomy, if you have one • Start planning to leave the hospital with your case manager 	<ul style="list-style-type: none"> • Use your incentive spirometer • Walk at least 4 times a day • Learn more about caring for your ostomy, if you have one • Continue planning to leave the hospital with your case manager

	3 Days After Surgery	4 Days After Surgery	5 Days After Surgery
What tests, procedures and medical devices should I expect?	<ul style="list-style-type: none"> • Compression boots on your legs when not you're not walking • IV • Blood tests • Drain(s) • Epidural catheter will be removed 	<ul style="list-style-type: none"> • Compression boots on your legs when not you're not walking • Drain(s) • IV will not be connected to fluid • Blood tests 	<ul style="list-style-type: none"> • Drain(s) will be removed • IV will come out • Staples, sutures, or both may come out • Steri-strips™ will stay on your incision
What medications will I take?	<ul style="list-style-type: none"> • Pain medication • Blood thinner (shot) 	<ul style="list-style-type: none"> • Pain medication • Blood thinner (shot) 	<ul style="list-style-type: none"> • Blood thinner (shot) • Your healthcare provider will review your medications with you
What can I eat and drink?	<ul style="list-style-type: none"> • Regular diet • You may chew gum 	<ul style="list-style-type: none"> • Regular diet • You may chew gum 	<ul style="list-style-type: none"> • You will learn about what to eat and the importance of drinking liquids when you're at home
What should I do?	<ul style="list-style-type: none"> • Use your incentive spirometer • Walk at least 4 times a day • Learn more about caring for your ostomy, if you have one • Continue planning to leave the hospital with your case manager 	<ul style="list-style-type: none"> • Use your incentive spirometer • Increase walking to 6 times a day • Learn more about caring for your ostomy if you have one • Continue planning to leave the hospital with your case manager 	<ul style="list-style-type: none"> • Learn more about caring for your ostomy if you have one • Your nurse will review your discharge instructions and supplies (if needed) with you • A visiting nurse will see you the day after you go home • Review the instructions in your <i>About Your Low Anterior Resection</i> folder