



## **Laparoscopic Bowel Resection**

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### **DAY OF SURGERY**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

#### **THINGS TO EXPECT TODAY**

- You may be transferred from the Post-Anesthesia Care Unit (PACU) to a post-operative unit (POU) on a surgical unit, where your nurses will closely monitor your condition.
- Your nurse will take your vital signs (blood pressure, pulse, respiration and temperature) frequently and check the dressing over your incision.
- You will have blood tests done.
- You will be on bed rest after surgery.
- Your nurse will ask you to cough, deep breath and use the incentive spirometer. You will be turned and positioned in bed every 2 hours.
- You will not be allowed to eat today but you will receive fluids through an intravenous (IV).
- You will have a tube in your nose called a nasogastric tube (NG). The NG tube will most likely be removed tomorrow.
- You will have a tube called a Foley Catheter to drain urine from your bladder.
- You will receive pain medication through an IV that you can control yourself.
- You may have a Sequential Compression Device (SCD) on your legs to prevent inflammation (phlebitis) and the formation of blood clots (thrombus) in your legs.



## Laparoscopic Bowel Resection

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### DAY 1 AFTER SURGERY

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

#### THINGS TO EXPECT TODAY

- You may be transferred to a room on a patient unit, where your nurses will continue to monitor your condition.
- The various tubes, catheters, and IV's may start to be removed today.
- You will have blood tests done.
- The dressing over your incision may be changed.
- You will be helped out of bed to the chair.
- You may be visited by a Physical Therapist who will help you with deep breathing and coughing exercises. Your nurse will continue to help with this also.
- Your nurse will ask you to cough, deep breath and use the incentive spirometer.
- You will continue to have pain medication intravenously that you control.

#### THINGS TO DO TODAY

Review the **While In The Hospital** section in the patient information packet. It is in the information packet you received at the doctor's office or at Pre-Admission Testing. If you do not have a copy, let your nurse know.

#### THINGS WE WILL HELP YOU DO TODAY

##### Morning

- Do the coughing and deep breathing exercises that your nurse will demonstrate.



## **Laparoscopic Bowel Resection**

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- Use your incentive spirometer at least 10 times every hour while you are awake. How high did you get the incentive spirometer this time? \_\_\_\_\_
- Your nurse will help you sit in a chair. Your nurse will help you “march in place.”

### **Afternoon**

- Your nurse will help you sit in a chair. “March in place” as the nurse showed you earlier.
- Use your incentive spirometer at least 10 times every hour while you are awake.
- Also, do the coughing and deep breathing exercises.

### **Evening/Nights**

- You may be helped to sit in the chair again! If you have pain, tell your nurse.
- Use your incentive spirometer at least 10 times every hour while you are awake. How high did you get the incentive spirometer this time? \_\_\_\_\_
- Follow with coughing and deep breathing exercises.
- The nursing staff will be making rounds. If you need something, please ask.

**GREAT JOB! HAVE A GOOD NIGHT’S SLEEP!**



## Laparoscopic Bowel Resection

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### DAY 2 AFTER SURGERY

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

#### THINGS TO EXPECT TODAY

- You can expect that more of your tubes may be removed today.
- You will have blood tests done.
- You may have the dressing over the incision changed.
- You may be started on a clear liquid diet.
- You may be given pain medication in pill form. Let your nurse know if you have pain.
- You will be helped out of bed to the chair.
- Your nurse will encourage you to stay out of bed for longer periods of time. This is an important part of your recovery.
- The doctors, nurses, and social workers will meet with you and your family to plan for your discharge.

#### THINGS TO DO TODAY

Read the **General Discharge Instructions** section in the patient information packet. Write down any questions that you have.

#### Morning

- Sit in the chair. Do the “marching in place” exercise your nurse showed you yesterday.
- Use your incentive spirometer at least 10 times per hour while you are awake -- How high did you get the incentive spirometer this time?
- Continue to do your breathing exercises (coughing and deep breathing), as these activities are a very important part of your recovery!
- Save all urine to be measured if the catheter in your bladder has been removed.



## **Laparoscopic Bowel Resection**

---

- Increase your physical activity as directed by your nurse.
- Try to walk around the unit with your nurse's help.
- It is important that we know when your normal bowel activity has returned. Let your nurse know if you expel gas.

### **Afternoon**

- Sit in the chair. If you have pain, tell your nurse.
- Use your incentive spirometer at least ten times every hour while you are awake.
- While you are out of bed, perform "marching in place" exercises your nurse taught you to do.
- Prepare for discharge the day after tomorrow. Who will accompany you? Name \_\_\_\_\_  
Phone # \_\_\_\_\_.

Speak with your nurse or social worker if you have any questions.

### **Evening/Nights**

- Sit in the chair again! Walk, with help around the unit.
- Use your incentive spirometer at least 10 times every hour while you are awake -- How high did you get the incentive spirometer this time? \_\_\_\_\_
- Make sure your family reads the patient information packet.
- The nursing staff will be making rounds. If you need something, please ask.

**GREAT JOB! HAVE A GOOD NIGHT'S SLEEP!**



## Laparoscopic Bowel Resection

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### DAY 3 AFTER SURGERY

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

#### THINGS TO EXPECT TODAY

- Your nurse will encourage you to stay out of bed for longer periods of time. This is an important part of your recovery. Continue to walk around the unit.
- You are expected to review your patient information packet.
- You may be allowed solid food today.
- If indicated, you may meet with a nutritionist.
- You may be allowed to shower today.
- The staff will continue to review your discharge plan with you. You will most likely be discharged tomorrow.

#### THINGS TO DO TODAY

Continue to read the **General Discharge Instructions** section in the patient information packet. Write down any questions that you have.

#### Morning

- Sit in the chair and wash up.
- Eat breakfast.
- Use your incentive spirometer at least 10 times every hour while you are awake. How high did you get the incentive spirometer this time? \_\_\_\_\_
- Continue to do your breathing exercises (coughing and deep breathing) and turn side to side while in bed as these activities are a very important part of your recovery.
- Walk with help outside your room in the hall. Can you walk farther than you did yesterday?



## **Laparoscopic Bowel Resection**

---

### **Afternoon**

- Sit in the chair and eat lunch. The longer you are out of bed, the better. It helps improve your lungs and circulation.
- Use your incentive spirometer at least ten times every hour while you are awake.
- It is important that we know when your normal bowel activity has returned. Let your nurse know if you expel gas.
- Take another walk in the hallway with family, friends, or your nursing attendant. Walk to the solarium for a change of scenery.
- Look at your incision. It is important that you know what it looks like so you can notice any changes after you go home.
- Speak with our family/friends about arranging transportation home tomorrow. Your social worker can help arrange it.

### **Evening/Nights**

- Sit in the chair and eat dinner. Unless told otherwise, you can eat anything right now, and it is very important that you eat enough calories and protein so that your wounds are able to heal.
- Walk in the hallway with assistance. How far did you go today?  
\_\_\_\_\_
- Continue to use the incentive spirometer 10 times every hour; also cough and deep breathe.
- The nursing staff will be making evening and night rounds. If you need something, please ask.
- Sleep well!

**GREAT JOB! HAVE A GOOD NIGHT'S SLEEP!**



## Laparoscopic Bowel Resection

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### DAY 4 AFTER SURGERY

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

#### THINGS TO EXPECT TODAY

- Continue to gradually increase your activity level.
- Continue with your incentive spirometer.
- You will have bloods drawn today.
- You will be discharged today. Make sure you have any needed prescriptions.

#### THINGS TO DO TODAY

##### Morning

- Shower or wash up.
- Sit in the chair and have breakfast.
- Review and sign the discharge plan with your nurse. Ask any final questions.
- Obtain any needed prescriptions.
- Find out when you need to return for a follow-up visit.
- Make sure you know where to get needed medications and who to call in case of emergency.

**GET HOME SAFELY!**